BBC
goodfood
Middle East
February 2019
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DINNER FOR TWO

Try cooking something different this Valentine's Day

UAE restaurant deals

- *Dubai's most romantic restaurants*
- *Dinner offers in Abu Dhabi*

Miso ramen

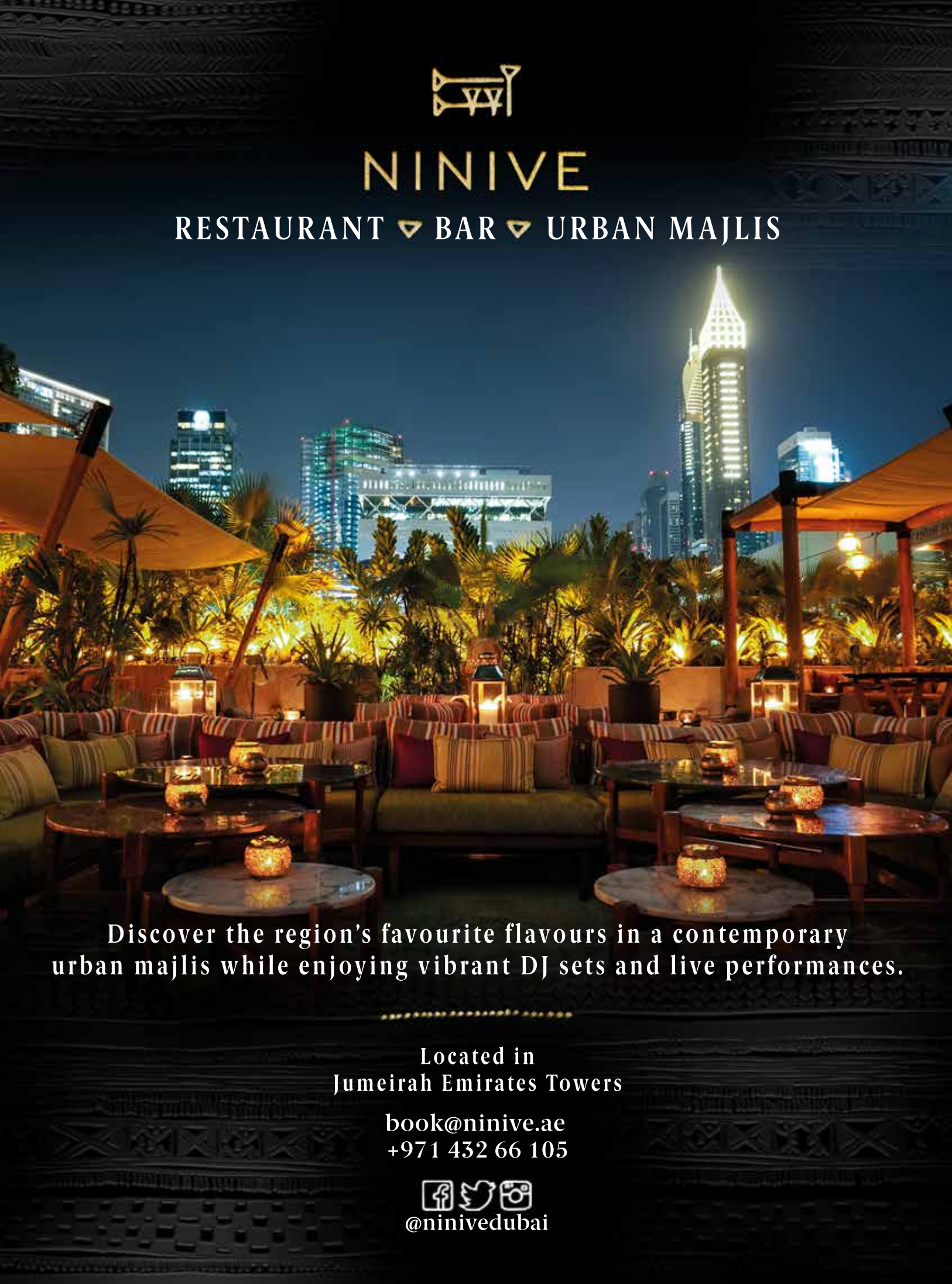
Boost your mood food

Healthy recipes packed with nutrient-rich ingredients

+ Tried & Tasted

- *Al fresco Italian dining at Splendido*
- *Yas Hotel's new 'Best of Blighty' Friday brunch*
- *Wagyu steaks at Beef Bistro*

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Welcome to February!



Did you start the new year with plans for a 'new you', but struggled to get the ball rolling? Don't worry – so did we.

We're calling January a trial-run and embracing 'fabulous February' as an opportunity to start fresh, re-energise and eat well.

The key to staying on track is to be prepared, so why not try a bit of meal prep? Our *'4 ideas for simple soups'* on page 38 will help with batch-cooking so you can store ready-to-eat, nutritious meals in the fridge for satisfying dinners throughout the week – the recipes for red pepper, squash & harissa soup, and cauliflower cheese soup with crispy sage & hazelnuts are sure to impress.

Boost your mood and your energy levels with healthy meals filled with ingredients that will help to revitalise, like porridge oats, purple sprouting broccoli, pumpkin seeds and kale *(Boost your mood food, p66)*.

Spread love this Valentine's Day – forget roses and store-bought chocolates and show someone you really care by spending the time to prepare a homecooked meal for them. If ever there was a piece of meat made for two to share, it's a thick-cut steak – don't miss our all-American T-bone recipe accompanied by an iceberg wedge salad with blue cheese dressing *(Raise the steaks, p46)*, or try your hand at the easy-to-make, love-themed jam tarts on page 42.

You'll also find our round-up of some of the city's most romantic restaurants and Valentine's offers from page 10.

As usual, we also have plenty of recipes for everyday use, including midweek meals sure to liven up your day *(easiest-ever midweek meals, p30)*, plus much more.

Enjoy cooking your way through fabulous February,

Sophie
Editor

WHAT WE'RE LOVING!



"Treat your loved one to breakfast in bed this Valentine's with this grilled cornbread with devilled eggs & avocado recipe," says sales executive, Liz.



Online editor, Glesni says: "Eating oily fish like salmon is a great way to add vitamin D to your diet – try this salmon & purple sprouting broccoli grain bowl."



"Perfect for sharing with your other half, these seared sirloin strips with Japanese dips are so tasty," says graphic designer, Froilan.

BBC goodfood Middle East

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February **2019**







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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

star letter



Being a food traveller, I loved the 'King of Cheese' article in the January issue of BBC Good Food Middle East. It was written very well, transporting you to Parma. The article was complete with tips on how to use the Parmigiano Reggiano cheese, which is a brilliant way to bring all elements of the particular food being written about come together. I also loved the meat-free family meals article and will definitely be trying these out, not forgetting the 'Healthy Pizzas' feature. My little ones are such pizza lovers, and I've been searching for real good recipes for a very long time, so thank you for these!

Sunaina Dhir



Thank you for the recommendation to dine at Roberto's Italian restaurant in DIFC. After reading your review in the last issue of BBC Good Food, I booked a table the following weekend with my husband and we both absolutely loved it. The refurbishment has made such a difference and the food was excellent, as was the service. I'd highly recommend to anyone reading, who is looking for a romantic but lively date night spot with fantastic food – there's also gorgeous views of Burj Khalifa, so it's great for impressing visitors.

Julie Price



January's issue was a beautifully put together magazine for the new year. I especially appreciated the recipes targeted for better sleep, particularly the crispy paprika chicken with tomatoes and lentils. I tried cooking it yesterday for my family and surprisingly, it turned out to be yummier than I expected, and I would definitely cook it again. What I really loved most though was the easy midweek meals. My family loved the light meatball and spaghetti so much that we hung the recipe on the fridge!

Nassir Elsir Omer

WIN!

The winner of the 'star letter' this month will receive an XL Lotus Smokeless Grill with coal, **worth over Dhs1,000 from Tavola!** Tavola is the leading retailer for your favourite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in Tavola stores across the GCC and online at **tavolashop.com**



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You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East

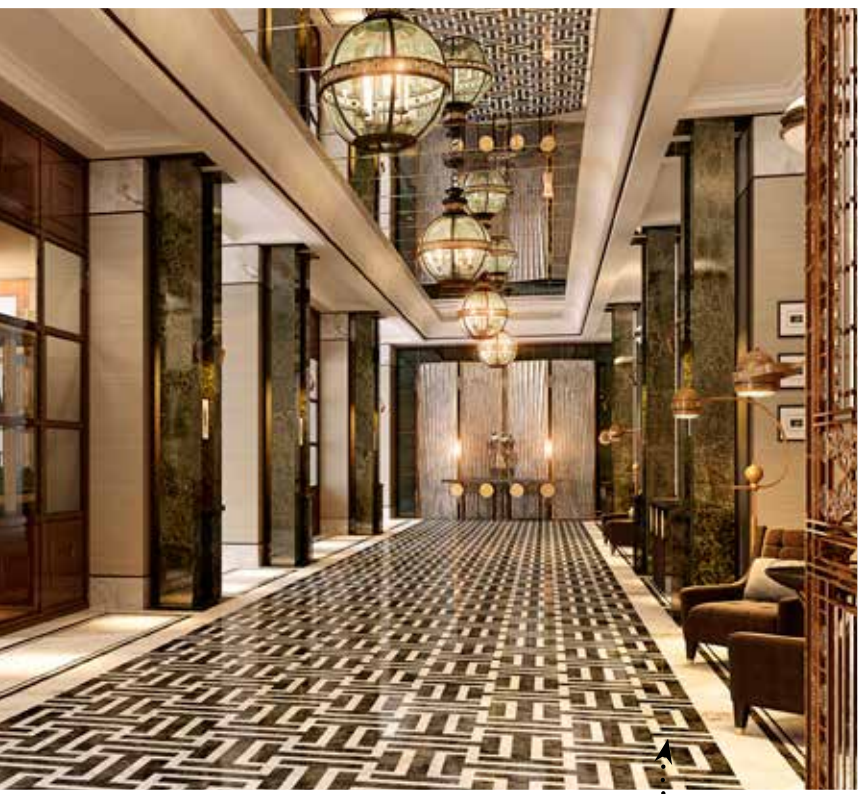


JAPANESE FUSION POP-UP LAUNCHES AT SUMMERSALT

Summersalt at Jumeirah Al Naseem has launched a new Japanese fusion pop-up concept called 'Umi Shio', created at the hands of new Japanese and Argentinian Chef Cristian Goya. Now open for lunch and dinner, Umi Shio fuses the artful craft of Japanese cooking, with the delicious flavours of South America, all served on the shores of Madinat Jumeirah's private beach, with views of the ever-iconic Burj Al Arab.

Designed to encourage sharing, the new menu is split between appetisers, crudo, soups, tempura, seafood and meat, created using ingredients such as miso, yuzu, truffle and lime in abundance.The dishes include traditional okonomiyaki, roasted langoustines in a sweet and sour sauce and miso caramelised eggplant to start, followed by five types of crudo from classic seabass ceviche, truffle seafood ceviche, seabass sashimi, yellowtail sashimi and salmon tataki.

Main dishes include saikyo miso black cod and white rice, grilled octopus, potato salad and salsa criollao or miso-marinated seabass for fish and seafood, and anticucho (famed meat dishes from Peru) lamb chops, corn-fed chicken breast with teriyaki truffle sauce or wagyu beef tataki, for meat eaters. Desserts include a selection of mochi, cheesecake brulee served with mandarin sorbet or espresso glace. For more information, call 04 366 7680.



THE BEST BITES

Three restaurants for new Waldorf Astoria DIFC

Waldorf Astoria Dubai International Financial Centre (DIFC), a 275-room property nestled in the heart of the city's financial district, is getting ready for an opening in Spring 2019. The first Waldorf Astoria city hotel to open in the UAE has confirmed that three restaurants will launch with the property. Bull and Bear restaurant will be the hotel's signature restaurant, while the rooftop lounge, St. Trop and the brand's iconic Peacock Alley Lounge and Bar will serve as meeting points for different occasions. Evoking the elegance of the early 1960's New York jet-set era, Waldorf Astoria DIFC is said to promise a sophisticated, cutting-edge, urban retreat in the Gulf's metropolis, located at Burj Daman on Happiness Street. Visit waldorfastoria.com/difc.

Text SOPHIE MCCARRICK | Photographs SUPPLIED



Asian speciality shop opens in The Greens

An Asian food retailer offering a range of high-quality products sourced from Asia and exclusively brought to the UAE has opened in The Greens, Dubai. 1004 Gourmet stocks everything from instant noodles and Japanese knives to Korean cosmetics and speciality coffee. Located in the Onyx Tower, the family-run business originally operated as a small store called '1004 Mart' in Al Barsha serving Asian food fanatics for over 10 years. The newly-launched expansion of 1004 Gourmet now offers a variety of unique Asian merchandise allowing visitors to purchase household goods, groceries, premium meats and seafood. Furthermore, shoppers will have access to the store's Korean cosmetic concept, Lamise Beauty and a speciality coffee shop called Kaffe Bloom.

Premium seasonal fruits such as melons from Japan and sweet pears from Korea are displayed bountifully in the chillers. A dedicated aisle offering snacks such as seaweed and shrimp crisps are on offer, and an aquarium with live fish imported from Korea will allow seafood lovers to ask the sushi chefs to arrange fresh sashimi slices to take home. For the meat connoisseurs, the butchery offers cuts such as wagyu and marinated beef bulgogi. Then there's a homeware section for porcelain plates from Korea and hand-crafted knives from Japan to use at home or professionally by chefs in restaurants.

Finally, visitors can enjoy a perfectly brewed cup of hand drip coffee with an elevated view of Sheikh Zayed road at Kaffe Bloom, a speciality coffee shop that serves the best beans roasted by The Barn from Berlin. Other Asian inspired beverages such as Matcha Latte and Milk Tea are also available - a great pairing with a slice of fluffy Japanese cheesecake. For more information, call +971 4 394 3973 or visit 1004Gourmet.com.

SAVE THE DATE:
#ThreeChefsDinner with FooDiva



A new ticketed culinary experience in Dubai has been launched by the founder of impartial restaurant review website FooDiva.net, Samantha Wood. As a twist on her monthly #DineAroundDubai events, where guests visit three mystery restaurants in one-night, comes the #ThreeChefsDinner – three chef heroes brought to guests under one roof, with each chef serving a different course and cuisine.

The first #ThreeChefsDinner experience is on February 25, 2019 at BB Social Dining in DIFC, where the evening kicks off with an aperitif and canapés, followed by a selection of signature starters by chef and owner Alex Stumpf. Chef Matthijs Stinnisen from BOCA then comes in to serve a series of main courses, whilst chef patrons Nick Alvis and Scott Price from Folly will serve desserts. All courses will be presented by the chefs and paired with beverages from African & Eastern.

The evening starts at 6.30pm and costs Dhs650 per person, inclusive of all food and beverage. Guests will receive a gift bag with the Truth, Love & Clean Cutlery guide edited by leading food critic Giles Coren and food writers from around the world, as well as goodies from gift partner and pioneer of sustainable dining, Baker & Spice.

To secure seats at the #ThreeChefsDinner, advance booking with pre-payment is required on www.foodiva.net/dinnerevents.

COMING SOON:
Mandarin Oriental Jumeira and six new restaurants



Set to open doors during the first quarter of 2019, the first Mandarin Oriental property in the Middle East, Mandarin Oriental Jumeira, Dubai, is set to launch with six new restaurants and bars. Portuguese celebrity chef José Avillez – of two Michelin-starred restaurant Belcanto in Lisbon – will take diners on an authentic journey through Portugal with his vibrant menu at Tasca, while at Warayakiya-style Japanese steakhouse Netsu, Australian-born chef Ross Shonhan will lead the way with authentic Japanese cuisine in a dramatic setting.

The resort will also be the home to The Bay, a brasserie-style ground-floor restaurant with show-kitchens and family-friendly menus; the relaxing and elegant Noor Lounge, which opens around the clock, will serve guests an assortment of teas, coffees and light refreshments, while The Mandarin Cake Shop is set to become a destination in its own right thanks to its freshly baked bespoke cakes, photogenic patisseries and authentic Arabic sweets. For those who prefer al fresco dining, Sun Vibe will be a laidback spot to catch a bite poolside.

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

The Loft at Dubai Opera, Downtown Dubai

The Loft at Dubai Opera opened last month at the top of the iconic Dubai Opera House, providing an elegant experiential dinner setting that is perfect for standalone dining, as well as pre-theatre feasts and post-theatre festivities. Operating in the space previously occupied by Sean Connolly, The Loft offers a modern European menu influenced by regional tastes, in sophisticated surroundings with custom-made interiors and striking views of the Burj Khalifa. Guests are invited to tour the venue's open kitchen layout where the Seafood Bar boasts a selection of caviar and oysters as well as grilled seafood platters; the hand-built oven offers authentic pizzas and bar bites; the Chef's Table provides guests with a more intimate dining experience. Signatures on the menu include handmade pasta, seasonally-inspired dishes like Chateubriand, steaks and dry-aged meats from the finest sourced farms. The Loft offers a host of weekly events, including a Ladies Night every Wednesday, Friday Brunch, Afternoon Tea packages with live entertainment, classic post-work afternoon sundowners on the terrace, 'catch of the day' alongside the launch of a new pre-theatre set menu and a post-theatre drinks offer. *See loftatopera.com, e-mail reservations@loftatopera.com or call +971 4 362 7312.*

OSH, La Mer

OSH is a newly-opened, licensed restaurant serving 'Uyghurs' cuisine. Set over two expansive floors with both indoor and terrace seating that overlooks La Mer's panoramic beachfront views, OSH is open from breakfast through to late hours of the evening. The menu draws inspiration from East to West, showcasing the intercultural culinary art from the bazaar cities along the famous silk route, offering a selection of delicacies from the grill as well as authentic Central Asian dishes with a modern twist. Highlights from the menu include the crispy aubergine & goat's cheese salad, hammour & shrimp manti, grilled octopus and more. *Visit oshrestaurant.com.*

Bambooda, Roda Al Bustan

Combining a unique blend of classical Thai cuisine using traditional ingredients and innovative cooking techniques and presentation, Bambooda has opened its doors at Roda Al Bustan to take visitors on a culinary journey through Thailand. Menu highlights include starters such as vegetable or duck spring rolls, homemade dim sum, Thai king prawns and more, followed by main courses including dishes such as Poo Nim Phad Pong Karee (deep fried soft shell crab, eggs, Thai yellow curry sauce), Kaea Kra-Praow (delicate Australian lamb chop glazed with chilli and garlic sauce, basil leaves and served with stir fried chilli rice), Panaeng Vegetable Curry (classical Thai vegetable red curry sauce with coconut milk and sweet basil leaves), and more. *Call 04-705660 or e-mail bambooda.albustan@roda-hotels.com.*



The Loft at Dubai Opera, Downtown Dubai

Text by SOPHIE VOELZING | Photographs SUPPLIED



101 Dining Lounge and Marina, One&Only The Palm

Perched above the Arabian Gulf, 101 Dining Lounge and Marina is an al fresco dining destination with Dubai skyline views. The restaurant has just launched an exciting new seafood concept under the guidance of three-Michelin starred chef Yannick Alléno. Fusing age-old cooking techniques such as smoking, salting and fermentation, fresh sustainably-sourced seafood is presented in a modern artistic way on the new menu. Highlight dishes include fresh squid ink pasta with sea urchin, sea bream lightly smoked with pickled vegetables, blood orange pulp and tonka beans, poached black cod with mido ginger broth and a mousseline of green peas and mint, kombu marinated beef rib with miso butter, lamb rack with anchovy crust and eggplant caviar, plus much more.

New for winter, a series of live entertainment is the soundtrack at 101, creating a vibrant and buzzing atmosphere. Enjoy sundowners in the company of South African trio '4 The Music' every Friday from 3pm to 6pm, and enjoy evenings with UK soul jazz vocalist Claudia Patrice from 7.30pm to 10.30pm. *Visit oneandonlythepalm.com or contact +971 4 440 1030 or e-mail restaurants@oneandonlythepalm.com.*



Cabana, Address Dubai Mall

Located in the heart of Downtown Dubai, Cabana has undergone extensive renovation and now features stylish new décor and a variety of new fresh dishes prepared with flair. The pool-side restaurant offers a dedicated splash pad for children and private cabanas that provide the perfect opportunity for families to spend some quality time. The pleasure of unwinding next to one of the largest lap pools in Downtown Dubai is enhanced at Cabana, which serves an appetising selection of Mediterranean refreshments and grills as well as inventive blends of signature libations in an al fresco setting through the day to night. Open daily from 6.30am – 2am, the a la carte menu options start from Dhs50 onwards, pool access starts from Dhs200, and a private cabana with pool access and fruit basket with soft drinks is Dhs500 for four people. *For more information and bookings, please call +971 4 888 3444 or email dine@emaar.com.*

MAMA ZONIA, Pier 7

Pier 7's newly-opened restaurant, MAMA ZONIA has launched a weekly Friday brunch. Step out of the ordinary and into a fully immersive adventure where your experience will have you clawing through the dense Amazonian inspired feast and your senses will be kept on high alert. The feast begins with a cold buffet serving favourites such as ceviche and sushi followed by an array of hot starters brought to your table. Mains including striploin, sea-bass fillet and BBW miso chicken as well as vegetarian shitake mushroom noodles. Sharing platters of desserts will follow. 'Don't Feed the Animals' brunch is a great escape into the hedonistic wilderness of the Amazon a where inspiring creativity ignites the senses at every turn. Taking place every Friday from 1pm to 4pm, brunch packages start at Dhs295 with soft beverages. *For reservations e-mail reservations@mamazonia.com or call +971 04 240 4747.*





Pots, Pans & Boards, The Beach

The British restaurant on The Beach, is set to combine the flavours of British and Middle Eastern cuisine into one unique menu when famed chef Tom Aikens and Fatafeat's Mohammad Orfali put their craft together on February 10 for a one-off event. Pots, Pans & Boards – the restaurant that Aikens opened in 2015 – will bring the two celebrity chefs together for a gastronomic collision of a menu. After the one-night-only cooking event, Pots, Pans & Boards will run the menu through to February 24. The special menu aptly titled 'Where East Meets West' includes dishes such as charred mackerel, salmon Tajin, a mild curried chicken ballotine, and ORF Baklava with salted pistachio cream flavoured with a citrusy burst of orange blossom. *Call 04-4561959.*



Seafood Market, Le Méridien Dubai Hotel & Conference Centre

Renowned for delivering sea-to-table dining experiences, Seafood Market at Le Méridien Dubai Hotel & Conference Centre has re-opened its doors after a complete refurbishment. Decked with cruise-liner style circular windows and tall wooden lamp posts, Seafood Market's interiors marry European civilisation with Mediterranean and Arab cultures. Enjoy fish cooked on a Masgouf grill, a grill native to the Arab world, which has horizontal skewers to slowly grill fish over wood-fire or choose live seafood firsthand from the tanks where you'll find king crabs from Norway, snow crabs and mud crabs from Oman, Australia, New Zealand, plus more. *For more information or to make a reservation, call 04 702 2455.*

dinner for two

Celebrate the day of love at one of these romantic restaurants, serving special menus for Valentine's Day



Andiamo, Grand Hyatt Dubai

Feel love and romance the Italian way at Andiamo this Valentine's Day. Discover delicious flavours of a carefully crafted set menu, as seasoned chefs take you and your loved one on a culinary journey across Italy. Begin the evening with an amuse bouche of oyster with salmon roe and lemon foam, then make your way through a deliciously curated five-course set menu, setting the tone to a beautiful evening. Priced at Dhs250 per person, for a five-course set menu. For booking and more information, call 04-3172222 or e-mail reservations.grandhyattdubai@hyatt.com.



Hashi, Armarni Hotel Dubai

Delight in a Japanese experience for two this Valentine's Day. Japanese plated artistry woos the soul and seduces the palate at Armani's Hashi on February with six light yet exquisite courses including a trio of Valentine's sashimi, lobster and enoki mushroom tempura, crispy sea bass, robataki Angus tenderloin with teriyaki sauce, and a chocolate molten cake with passion fruit. Open from 6.30pm to 11.30pm, Hashi's set menu is priced at Dhs800 and Dhs500 for vegetarian. For more information and bookings, call +971 4 888 3666, email restaurant.reservations@armanihotels.com or visit armanihoteldubai.com.



Asado, Palace Downtown

Rediscover your love in vibrant Argentinean style at Asado as you delight in cuts grilled to perfection on the 'Parilla,' enhanced by the smooth sounds of a live band in an al fresco setting at Asado. This Valentine's Day, Asado presents a five-course set menu featuring succulent seafood and beef, with a love inspired table centerpiece arrangement that sets the mood for an enchanting Valentine's evening together. All guests will receive a special complimentary jar of Valentine sweets. Taking place on February 14, from 6pm to 11.30pm, the evening is priced at Dhs890 per couple, inclusive of a set menu and soft beverages, with other packages available. For reservations or more information, please contact +971 4 888 3444 or email dine@emaar.com.



Majlis Golf Course, Emirates Golf Club

Treat a loved one to the ultimate Valentine's Day experience on the lush greens of the championship Majlis golf course at the iconic Emirates Golf Club. Couples will begin the evening with a chauffeur driven car to escort them to the heart of the course, which has undergone a transformation into a setting that promotes romance. Premium drinks will be served on arrival, before guests are invited to take a seat and relax under a decorated canopy, with views of the lake, fountain and Clubhouse. Guests can indulge in a specially crafted five-course gourmet dinner with pairing, all served by a personal butler. Priced at Dhs1,250 per couple. For more information or reservations, call 04 417 9999 or emiratesdining@dubaigolf.com.

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Private Cabanas at LookUp Rooftop Bar, La Ville Hotel & Suites

If you're looking for the perfect surprise in a laid-back atmosphere, look no further- indulge in a delicious Valentine's Day experience at the chic, boutique hotel La Ville Hotel & Suites. For a Valentine's Day with a view, guests can take in the sights of Burj Khalifa and the city skyline for a dreamy evening at LookUp Rooftop Bar. The quaint and romantic setting on the private cabana, with a picnic spread including charcuterie, cheese and beverages with a turquoise pool makes for a chic and relaxed setting. Prices start from Dhs500 and advance booking is required. Call 054-3095948.



BOCA, DIFC

Mediterranean restaurant and bar, BOCA is serving a special sharing menu for two this Valentine's Day. The dining experience will begin with cured Emirati salmon and Dibba Bay oysters, with braised pigeon and truffle mash to follow, accompanied by roasted beetroot and honey-glazed heritage carrots. The three-course menu including a bottle of French beverage is priced at Dhs899 per couple. Entertainment on the night will be provided by BOCA's resident DJ setting the mood with a playlist of romantic classics. For a more intimate experience, BOCA's unique cellar is available upon request. Call 04-3231833 or e-mail hola@boca.ae.



Scalini Dubai, Four Seasons Resort Jumeirah

This Valentine's Day, Scalini Dubai celebrates love with an enticing evening meal, served within its relaxed and refined ambiance. Inspired by the romance and glamour of Italian culture, Executive Chef Monserrato Marini has curated three courses of signature dishes, designed to create a magical and romantic evening for each and every couple. To start, couples can choose from the classic avocado caldo - baked avocado, wild mushrooms and shrimp with a cheese sauce; the creamy Burrata served with bottarga and melanzane; or the carpaccio pizza, thinly sliced raw wagyu beef with mustard sauce, rocket leaves and shavings of fresh black truffle.

Following this, each pair can enjoy the options of heart shaped ravioli with burrata and a tomato sauce; sliced fillets of veal with a mushroom sauce and grilled vegetables; or a fillet of seabass served on a bed of cauliflower puree and pesto. Ending the evening on a sweet note, Scalini serves a raspberry Charlotte, with vanilla sponge, raspberry sauce and sorbet; a cheese flan, with mixed berries and raspberry sauce; or a heart shaped Tiramisu, created especially for the celebration of love. To mark the occasion, the restaurant and terrace will be filled with red roses, and a single red rose will be given to every woman to attends on the night. Available on February 14, the evening is priced at Dhs340 per person. For more information and reservations, please call 04 349 0068

At.mosphere, Burj Khalifa



Treat your loved one to a special experience with a romantic celebration at At.mosphere. Experts chefs will cook up a delightful meal that will last in your hearts long after the plates have been cleared. A feast for the palate and the eyes – with panoramic views of Dubai's glittering skyline; the evening is completed with live music from a resident violinist. Available on February 14 to February 16, 2019, the experience packages for lunch are Dhs450 per person minimum spend, on non-window tables; Dhs500 per person minimum spend, on window tables; Dinner: Dhs950 per person, non-window tables; Dhs1,150 per person, window tables. For reservations, call 04-8883828 or e-mail reservations@atmosphereburjkhalifa.com.

ALBA TERRACE

Immerse in the culinary shores of the Mediterranean as the days transcend to night.
By Tom Aikens



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eat out

abu dhabi

Dining deals and happenings in the capital this month.





SHANG PALACE, SHANGRI-LA HOTEL, QARYAT AL BERI, ABU DHABI

For Chinese New Year, Shang Palace – the signature restaurant at Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi – will serve an authentic Cantonese dinner from February 4 to 19. The set menu consists of eight courses, inclusive of three varieties of mains, and is available from 7pm until 11pm. The Cantonese dinner menu, which will also be available for lunch on February 5, starts with a choice of appetiser platters like Chinese New Year dumplings and Yu Sheng, which includes a rainbow combo of vegetables and fruits served with chilled salmon. Head Chef He Jia also added Cantonese BBQ options of roasted duck, plum sauce chicken thigh roll and honey beef short ribs to the menu, as well as the traditional Spring Festival soup made of pumpkin, asparagus and crab meat. For mains, there are three signature dishes including lobster with crispy egg noodles, pan-fried crispy tofu with minced chicken, and chicken fried wild rice with eight treasures served in a lotus leaf. The dessert of choice for the festival is a special dish created exclusively for the festivities by celebrity chef Hala Ayash. The set menu is priced at Dhs388. Children aged between 6 and 12 years can enjoy it for half price, while younger children can dine for free. A la carte menu is also available. Call 02-5098888 or e-mail reservations.slad@shangri-la.com.



THE SCENE, YAS MARINA

UK celebrity chef, Simon Rimmer will be visiting The Scene this month, where you can catch daily deals such as Happy Hour From 3pm – 8pm, Ladies Night where the gals can get two-courses and two-hours of unlimited drinks for Dhs149 every Wednesday from 6pm, as well as 'We love Fridays', where you can get your hands on two-courses for Dhs99. You can then sit down in the evening for meet and greets with the man himself from 7pm starting on February 5 – 9. For more information, call 05-07970331 or e-mail eat@thesceneauh.com.

VALENTINE'S DAY AT FAIRMONT BAB AL BAHR

This Valentine's Day treat your loved one to an experience at Fairmont Bab Al Bahr that will stay with them forever. Indulge yourself at the award-winning Marco Pierre White Steakhouse & Grill, savour the romantic taste of Rome at Frankie's Italian Restaurant & Bar, or embrace the beauty of Arabia at Lebanese restaurant, Maison Beirut. Spend more time together with a Romantic Stay Package or dine exclusively on the beach, under the stars. For all unattached guests, enjoy a party at the Sports Café. Prices start from Dhs249 per person. All guests on Valentine's Day will have a chance to win the prize of a 2-Nights Gold Stay at Fairmont The Palm in Dubai. To make a reservation or for more information, please call +971 2 654 3238 e-mail dining.bab@fairmont.com or visit fairmont.com/babalbahr.



NATION RIVIERA BEACH CLUB, THE ST. REGIS ABU DHABI

Romance is in the air this Valentine's Day inside The St. Regis Abu Dhabi's new intimate beach igloos, where a four-course dinner will be served on the 200-metre private beach with views of the glistening Abu Dhabi skyline. Taking place on February 14, 2019 from 7pm onwards, the evening is priced at Dhs3,500 per couple including a four-course set menu with pairing. For reservations and more information, please e-mail restaurants.abudhabi@stregis.com or call 02-6944553.

Text SOPHIE VOELZING | Photographs SUPPLIED

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f WafiRestaurants

Tried & tasted

Each month, we review two of the city's top tables.





Reviewed by Sophie Voelzing

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.





Where?

SPLENDIDO SOCIAL BAR AND KITCHEN, THE RITZ-CARLTON, DUBAI

Dining experience: Dinner

What's it like? Set on the lower floor of The Ritz-Carlton, Dubai, Splendido is an authentic Italian restaurant that has been with the hotel since its opening in 1998, which is extremely impressive in a city like Dubai where the majority of restaurants haven't yet reached their tenth anniversary.

Boasting beautiful dark wood, regal-like interiors, Splendido provides both indoor and outdoor seating. Making the most of the fabulous UAE winter weather, we opted to sit outside on the romantically-lit terrace which overflows into the property's sprawling, luscious gardens that lead onto the beach.

The intimate setting is accompanied by tastefully selected music, which ensures you're not able to hear the conversations of others sat nearby.

Sat under the stars on the Tuscan-style terrace that mimics the feel of a traditional Italian piazza, I realise we're in for a treat.

What are the food highlights? Led by Italian Chef Francesco, the kitchen prides itself on using only the freshest, Italian-sourced ingredients.

To start, the bruschetta al salmone is a delight to eat, served on toasted rye bread, lathered with citrus ricotta and topped with home-cured salmon that offered a wonderful smoky flavour. The vitello tonnato also impressed and featured generous slices of slow-cooked veal on a bed of tuna sauce and capers.

Next, we enjoyed one of the most delicious risottos I've ever tried (we later learn that Chef Francesco won an international culinary award for Dubai for having 'the best risotto', and I now understand why). The risotto we had exuded creaminess and paired superbly with mussels, clams and lemon – the perfect consistency and flavour-busting dish was perfect.

A close contender was the homemade squid ink agnolotti pasta, which was filled with succulent bites of crab in a saffron sauce with chives.

For dessert, Chef Francesco uses his grandmother's recipe for the tiramisu served at the restaurant, which was absolutely delicious and featured generous layers of mascarpone, making it extra creamy.

How was the service? Service at Splendido can not be faulted. Sophisticated and extremely professional, the front of house team were always on hand to ensure our dining experience was comfortable and we were enjoying ourselves.

The bottom line: Ocean-facing Splendido transports you away from the hustle and bustle of city life and it's a fantastic place to visit for a special evening with your other half.

For Valentine's Day, the culinary team is set to serve a specially crafted 'San Valentino' menu from February 13 – 16, 2019, daily from 6pm to 11pm. Featuring decadent delights such as lobster carpaccio, guinea fowl with foie gras, tempura oyster and chocolate pizza, accompanied with paired beverages, the Valentine's menu is priced at Dhs820 per couple inclusive of five-course Italian set menu with an Aperitif and soft beverages, or Dhs1,100 per couple inclusive of five-course Italian set menu, soft beverages and a bottle of Italian beverage.

Another ongoing offer to watch out for at Splendido is the weekly Aperifif offer that takes place on Wednesdays from 5pm to 7pm. Every month, set off on an escapade to explore Italy as Chef Francesco showcases traditional dishes and Aperitif from different regions of the country. Priced at Dhs100 inclusive of six canapes and one beverage.

Want to go? For more information or to make a reservation, call +971 4 399 4000.



Where?

BEEF BISTRO, LE MÉRIDIEN DUBAI HOTEL & CONFERENCE CENTRE

Dining experience: Lunch

What's it like? Located in the heart of Le Méridien Dubai Village at Le Méridien Dubai Hotel & Conference Centre, Beef Bistro has officially opened it's beautifully re-vamped and re-branded doors. Previously known as M's Grill, Beef Bistro is a carnivore's dream dining destination, showcasing premium meats from around the world like Japan, Australia, Argentina, New Zealand and the US.

Drawing from traditions rooted in the Le Méridien brand, Beef Bistro honours France's culinary culture and draws inspiration from authentic French bistros.

Inside, the new interiors are bright, warm and welcoming with light blue and soft yellow accents, paired with white-washed woods and stone walls. While the tables are decorated tastefully with simple lavender floral arrangements, ensuring understated charm. Beef Bistro also offers terrace seating for those who wish to enjoy lunch or dinner outdoors.

What are the food highlights? If you were a fan of M's Grill, you'll be pleased to hear that the menu still features some of the most loved dishes from over the years, mixed with a brilliant selection of new options.

To start, we shared a couple of starters – one of which really stood out for me, the warm goat's cheese salad. Unlike traditional goat's cheese salads, this one was prepared as a tart with beautiful thin, flaky pastry filled with melting goat's cheese infused with bitter orange zest, accompanied by marmalade on a bed of mesclun. The cheese and orange combination worked fantastically and overall the dish was a delight to eat.



For tableside interaction, don't miss the traditional beef tartar which is prepared with tenderloin, capers, gherkins, shallots, egg yolk, mustard, ketchup, and horseradish cream at the table and tailored to your taste.

Also on the starters menu, were highlights of homemade foie gras terrine served with tomato jam and crostini, plus the thinly-sliced beef carpaccio with raw mushrooms, Rocca leaves and delicate balsamic dressing and parmesan shavings.

Naturally, we chose to indulge with a steak of our liking for mains (I had the Australian wagyu tenderloin), which were all prepared on the Josper charcoal grill that gave the meat a beautifully smoked flavour and fantastic seal. Steaks at Beef Bistro come with the choice of two sides and a sauce.

Apart from tenderloin, the menu boasts such a generous selection of meats to choose from – over 500kg of assorted meats to be exact –including rib eye, striploin, chateaubriand, T-bone and others. There's also an in-house ageing room, where meats are kept and cured in various ways to enhance and deepen the flavour.

If you have room for dessert, the cheesecake is absolutely delicious and is kept light through the use of sour cream – believe it or not, it's really yummy. Also on the menu is classic mille-feuille, rum baba, vanilla crème brulee and more.

How was the service? The team at Beef Bistro is very welcoming and attentive, ensuring a smooth and enjoyable experience is had by all.

The bottom line: The food at Beef Bistro is hearty, flavoursome and excellent value for money. It's the perfect place to enjoy a romantic meal with your other half, or an intimate gathering with friends or family over fantastic food.

This Valentine's Day, the culinary team have prepared a special three-course menu featuring foie gras with fig and farmers bread to start, wagyu beef chateaubriand with dauphinoise potato and spring baby vegetables for main, and vanilla mousse with calvados apple compote caramel and almond biscuits or chocolate cremeux crunchy hazelnut vanilla chantilly and chocolate baritone for dessert.

Want to go? For more information or to make a reservation, call +97147022455 or e-mail restaurants.lmd@lemeridien.com.











Farm to fork

Fresh, authentic and nourishing food is of the essence at Café Mandarina, a family-owned and run restaurant that prides itself on serving made-from-scratch food, prepared with love and only the freshest of ingredients.

Café Mandarina

Café Mandarina
Mandara Equestrian Club, Abu Dhabi, UAE
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Café Mandarina, located at the Mandara Equestrian Club in Abu Dhabi is leading the way for farm to fork dining in the region. Most of the dishes you'll find on the menu at Café Mandarina are made using produce sourced from local UAE-based farmers, along with products from the restaurant's very own organic farm.

The culinary team at Café Mandarina takes care of preserving as many nutrients as possible when preparing food and beverages for guests, by using hand-cut herbs mainly grown on their farm to enhance homemade organic stocks, sauces, dressings and fresh juices.

They also source superior ingredients such as pure Swiss honey, to substitute sugar in the preparation of homemade desserts. Away from processed foods, Café Mandarina is aware of where your food comes from – they conscientiously prepare it and serve it, from seed to your plate.

Delights on the menu include wraps and sandwiches such as the mouthwatering melting braised lamb wrap with Arabic spices in tannour bread, and 'le fermier', a farmer-style sandwich with tasty beef bacon, avocado and emmental cheese, plus much more. There's also a wide-range of tempting salad options like the superfood salad with avocado, apple, beetroot, dried figs, rocket and almonds, plus the grilled salmon salad with roca, iceberg, mango, cucumber and avocado, all finished with a delicious tataki sauce. Not forgetting indulgent desserts including the likes of Mandarina's trifle, carrot cake, Arabian bread pudding, and much more.

Striving to make healthy dining fun and exciting, Café Mandarina provides a varied selection of delectable, ethnic fare from around the world to ensure every guest leaves happy.



TRÈSIND: *a passion realised*

Spearheading the way for innovation and evolution of Indian cuisine at sought-after restaurants Trèsind, Carnival, and Trèsind Studio, Bhupender Nath, Founder & Managing Director of Passion F&B, Dubai talks bringing his passion to life, the progression of Trèsind and the exciting launch of the group's newest Dubai-based funky Tapas & Bar destination, A Cappella

Interview **Sophie Voelzing**

Tell us how your journey in the F&B industry began...

I grew up in a small city in India. Though most of my growing up years I was exposed to the hospitality industry with my late father operating a hotel in the city of Patna, I never got to picking it up as a profession. Having said that, the business of hospitality really fascinated me and the joy of watching my father serving people subconsciously made me want to set up my own hospitality business someday. My passion for hospitality is something I inherited from him. Though I was remotely involved in a few hospitality projects around the world, 2014 was the decisive year when I stepped into it full throttle and launched our flagship restaurant, Trèsind in Dubai as an ode to my late father, Mr. Prem Nath.

Photographs SUPPLIED



Chettinad Chicken Curry at Trèsind, Dubai



Prison Break at Carnival, Dubai



Chicken + shiso leaf at Trèsind Studio, Dubai



Carnival, Dubai

What led you to found Passion F&B?

One of my long-standing dreams was to present my late father with a restaurant of our own. The birth of Trèsind in Dubai, as an ode to him, is actually what led to the birth of Passion F&B, Dubai.

How did the concept for Trèsind come about?

Being a proud Indian, the one thing that bothered me was the 1900's perception of Indian food among today's global travellers and diners. Indian food is not just among the oldest culinary traditions in the world, but it's also highly underrated. Indian cuisine is much more than butter chicken and dal makhani, oil heavy or being high on chilli spice as most believe it to be and that was a perception I wished to change. The aim with Trèsind, since inception, has been to showcase the robustness of Indian cuisine (in its entirety and not just of a region from its vast geography), using modernist presentations and preparation techniques, however not making it gimmicky or using un-required theatrics. Based on the philosophy of 'less is more', Trèsind aims to pave way for fostering the legacy of Indian food.

Trèsind goes from strength to strength and has a large, loyal fan base of diners in Dubai. What is it about Trèsind that makes its overall offering such a winning formula?

We are truly humbled by the support and adulation received from our guests over the years. It helps us push the envelope, to consistently offer a unique culinary experience, coupled with the finest Indian hospitality, to our guests each time they dine. As an organisation, we believe that it is essential to continuously reinvent and that is one of the values we strive to incorporate across our dining spaces as well, without diluting the core essence of the cuisine served.

We hear you're soon to introduce a new restaurant in Dubai called A Cappella. Tell us about the restaurant and what type of experience guests can expect to have there...

The flagship of A Cappella, overlooking Atlantis The Palm, Dubai, is a super casual, groovy and fun space where, as the name suggests, we have the kitchen and bar working cohesively, in a rhythmic fashion to create an exuberant and effervescent experience for the guests. A Cappella offers guests the chance to experience chefs and mixologists working together, live, creating an experience unlike any other. Music forms a major component, which aims to elevate the overall experience of A Cappella. A Cappella, Dubai is a 30-seater Tapas-Bar, with an outside space, serving handcrafted mixology, Shisha and tapas-style global cuisine, along with the expansive view of the Arabian Gulf.

When is A Cappella set to open and who will be overseeing the culinary team?

We are looking at doing a soft opening towards the end of January 2019, with full operations commencing mid-February, 2019. The mixology is being



Trèsind, Dubai



Chicken kurkure at Carnival, Dubai



Sea buckthorn + sparky at Trèsind Studio, Dubai



Lamb Shank Nihari at Trèsind, Dubai

"A Cappella offers guests the chance to experience chefs and mixologists working together, live, creating an experience unlike any other"

headed by our award-winning team led by Sherine John and the kitchen by Chef Paritosh Sharma, who has extensive experience in cuisine from around the world and has been part of the culinary team at Passion F&B for many years.

Through such triumphant success with Tresind Dubai, you've been able to take the restaurant into other countries. Talk us through Tresind's expansion so far and for the future.

We had been contemplating Trèsind's global expansion for some time, with many guests asking us to open one in their country. However, we didn't want to take premature steps and thus have been weighing in options, before actually stepping out of the region. The first Trèsind outside Dubai was in Kuwait which we launched about a year back and have recently (less than 3 weeks back) launched Trèsind in Mumbai, India. Our idea for Trèsind is to have just one location per country. After the successful launch of Trèsind in Mumbai, we are exploring other markets in Europe and Africa for further expansion, but definitely not in quick succession. Under the Trèsind banner, we may launch the next location either end of this year or maybe sometime next year. We will be now focusing on scaling up our fun, casual dining concept Carnival within the Middle East as well as across key markets around the world, followed by A Cappella.

You recently launched the world's smallest, most exclusive modern Indian restaurant, Trèsind Studio. For readers who have not yet been, tell us a little bit about the concept...

Trèsind Studio is an immersive culinary affair, guided as a Chef's Table experience. With only a single location, based in Dubai, overlooking the iconic Sheikh Zayed Road, Trèsind Studio is a first of its kind, modern Indian dining experience in the world. The cuisine served, in the Studio's first chapter, showcases Trèsind's journey since inception and encapsulates the journey in a 16-course experience. It is an entirely chef-driven experience, led by Chef Himanshu Saini. Trèsind Studio has a maximum dining capacity of 20 guests and only operates for dinner service, Monday to Saturday every week.

RESERVATIONS

Trèsind, Dubai: *+971-564209754 / tresind.com*
Trèsind Studio, Dubai: *+971-588951272 / tresind.com*
Carnival by Trèsind, Dubai: *+971-522424262 / carnivalbytresind.com*
A Cappella, Dubai: *+971-589719542 / acappelladxb.com*

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FUTURE OF FOOD **Part 2**

what you'll be eating in 2019

From surging health trends to bustling food halls, 'hidden veg' and West African cuisine, this will be a rollercoaster year for the way we cook, shop, drink and eat at home and in restaurants. We've consulted the experts in the second part of our foodie forecast

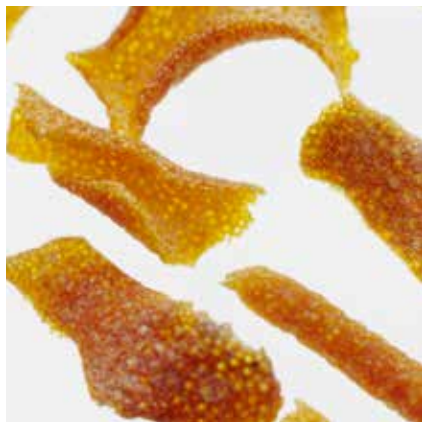
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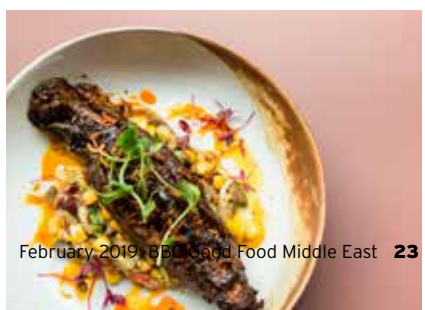











AT HOME *health waves & ingredient craves*

Find out how we'll be cooking and shopping in 2019

Hot countries & cool cuisines

Sri Lankan food – hoppers (bowl-shaped rice flour pancakes), kottu roti dishes and pol sambol coconut relish – is rightfully on the brink of a breakthrough. 'Before, Sri Lankan was lumped in with Indian cuisine but now, we're not having an "Indian" anymore, we're having a Keralan curry. It's recognised in its own right,' says Emma Weinbren, food trends editor at retail magazine *The Grocer*. Elsewhere, analysts are tipping Burmese food, along with West African food as ones-to-watch.



A Sri Lankan spread at Hoppers

Meat-free Britain

The worldwide attitude to meat is changing dramatically. When restaurants are serving 'bleeding' burgers, and countless outlets across the globe are in various stages of turning vegan, clearly something seismic is happening. According to data seen by M&S (poised to launch a new range of vegan ready meals and on-the-go options), 3.5 million people now identify as vegan, 20% of under-35s have tried veganism, and 25% of evening meals are now meat-free. 'It's no longer niche,' agrees Weinbren. 'And this isn't just committed vegans but people are generally saying, 'I want to cut down my meat intake.'

Fab aqua

Given the above, expect aquafaba (the water from canned chickpeas), to appear more and more as a substitute for egg whites in meringues and mayonaise. 'Tredwells' Chantelle Nicholson is fascinated by aquafaba, and many chefs will be soon,' says *Restaurant Magazine* editor Stefan Chomka.

Vegan beverages

This growth in plant-based eating, says *Good Food* drinks guru, Victoria Moore, is also causing major retailers to increase the number of vegan beverages they stock. 'It's all down to the fining agent,' explains Moore. 'Some are derived from fish or dairy products. For those who draw a hard vegan line, even those drinks using grapes from vines farmed using a horse to plough the soil would be deemed unsuitable, too.'

"It's estimated one-in-six adults now follow a high protein diet for sustainable energy and to build muscle"

Gut instinct

Sales of Lakeland's kefir kit are 'flying' along with M&S's kombucha. 'As customers come to understand the positive influence of bacteria on gut health, the global fermented drinks market is in huge growth,' reports M&S food trends insight manager Helen Arpino.

Ingredient exotica

For early adopters, chef-owner Scott Smith at ***Fhior*** (*fhior.com*) recommends bulrush (tastes like spicy cucumber, with a water



Lahpet's Burmese tea leaf salad


Look out for unusual ingredients like bulrush


Bread is on the rise


M&S Taste Asia range


Dehydrated fruit peel




Aquafaba meringue


Fermented foods


Vegetables will be used more in place of carbs

chestnut texture), whey (used to cook beetroots in), and dehydrated fruit peel (to add concentrated flavour).

Upcycled food

Ocado buyer India Moore says, 'We're seeing exciting products made using misshapen fruit and veg that would otherwise go to waste, such as crisps and hummus. Eco-friendly searches on *ocado.com* leapt 93% last year, and we can see this "rescued food" trend gaining momentum in 2019.'

Protein shake-out

From added-protein Mars Bars and Halo Top ice cream to new M&S sandwiches – half the bread, all the filling – high-protein foods are increasingly popular. 'It's estimated one-in-six adults now follow a high-protein diet for sustainable energy and to build muscle,' says Helen Arpino. 'This year will see a big increase in high-protein options.'

Bread of heaven

Conversely, those of us who are still craving carbs are fuelling an explosion in the variety of breads becoming available. 'Rye is up 50% and our bakery options will grow in 2019,' says Helen Arpino.

Hidden veg

Gato & Co puddings (that use vegetables to reduce refined sugar content) and Dr Oetker's new Yes, It's Pizza vegetable-dough bases are indicative of how many people are keen to cut down on carbs and increase their intake of vegetables – but without forgoing life's indulgences. 'Clean eating has been dismissed as a fad but health hasn't. People are definitely thinking about the amount of sugar and processed food they consume,' Emma Weinbren says. You can expect to see more hidden vegetable products in 2019.

> **"Clean eating has been dismissed as a fad but health hasn't. People are definitely thinking about the amount of sugar and processed food they consume"**

EATING OUT *hot dishes, cool drinks*

The what, where and how we will be socialising in 2019

The dish of 2019

'It started at ***Noma*** (*noma.dk*), now Ottolenghi's ***Rovi*** (*ottolenghi.co.uk/rovi*) is doing it – vegan celeriac shawarma could be the dish of 2019,' says Stefan Chomka. 'It's delicious and looks amazing, just like the lamb shawarma you see rotating in kebab shops. It's Instagram gold.'

Food hall phenomenon

Fittingly, given that it kick-started the craze for communal dining halls serviced by multiple kitchens, ***Altrincham Market House*** (*@MarketHouseAlty*) – which also runs the Mackie Mayor (*mackiemayor.co.uk*) in Manchester, United Kingdom – will open a third food hall in Macclesfield, this year. This trend for communal dining is being witnessed worldwide and is expected to continue, fueled by a demand for quick, accessible and afforadable food.

Sober judgement

Believe it or not, today's younger generation are dialling-down their alcohol intake. No- or low-alcohol is set to grow in sophistication, with expansive mocktail menus to be on the rise.

Going cashless

Bars, coffee shops and casual restaurants are increasingly (and controversially) going card-only. This could become a huge surge in 2019.

Takeaway: the new delivery?

With increased competition and more people choosing to order in these days, top eateries are embracing takeaway. Take a look on Deliveroo - you'll be surprised by home many high-level restaurants are now available on there.



"Bars, coffee shops and casual restaurants are increasingly (and controversially) going card-only"



Food halls are becoming more and more popular

R-eat-ail opportunities

We're increasingly eating and shopping in the same place, from butcher-bistro hybrids, to spaces that blend deli-shopping with bars and dining.

Eco-enjoyable

Written in collaboration with the Sustainable Restaurant Association, Giles Coren's new book, *Truth, Love & Clean*

Photographs GETTY IMAGES, ASTRID TEMPLIER, KATHRIN WERNER PHOTOGRAPHY, CLAIRE HARRISON, JOHN CAREY, DITTE ISAGER, BACON ON THE BEACH, DAVID PEARCE, ROB WHITROW



Cashless coffee bars


2019 will allow greater culinary flexibility

Cutlery, is a guide to eco-friendly restaurants. With a similar philosophy of pleasure over self-denial, *Good Food* loves the bars pushing green drinks - for instance, cordials made from used citrus. We can all raise a glass to those tackling the egregious waste in cocktail bars and now, even big brands are getting involved to reduce waste annually.

Cultural shift

2018 was the year that foodies became more aware of the clumsy way home cooks often mangle global cuisines (remember Jamie's jerk chicken?). Let's hope that this year there will be a greater focus on allowing chefs to tell their own stories about their own food and its cultural significance.

Age? No barrier

Waiting-on is (notoriously), usually, a young whippersnappers' game. But with good front-of-house staff in short supply restaurateurs ***Corbin & King*** (*corbinandking.com*) plan to, at least, double the number of over-50s it employs to wait tables this year.


Rovi's celeriac shawarma

"Vegan celeriac shawarma could be the dish of 2019"

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easy

Delicious, simple, and easy-to-make recipes



budget friendly

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budget friendly

easiest ever midweek meals

A week of quick and easy dinners the whole family will love

recipes ESTHER CLARK *photographs* STUART OVENDEN

Speedy sausage stroganoff tagliatelle

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** P

20g unsalted butter
olive oil, for drizzling
6 pork sausages
350g chestnut mushrooms, sliced
1 tsp sweet smoked paprika
300ml soured cream
½ tbsp wholegrain mustard
150ml beef stock
400g dried tagliatelle
small bunch parsley, chopped

■ Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausagemeat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

■ Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 826 kcals • fat 42g • saturates 20g • carbs 80g • sugars 7g • fibre 10g • protein 27g • salt 1.2g



Cod with butter bean colcannon

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY**

2 skinless cod fillets
25g butter
6 thyme sprigs, leaves picked
½ lemon, sliced
77g pack smoked diced pancetta
½ small Savoy cabbage, finely shredded
400g can butter beans, drained and rinsed
50ml single cream

■ Heat oven to 220C/200C fan/gas 8. Cut two squares of baking parchment slightly bigger than the cod and place a fish fillet in the centre of each one. Divide 20g of the butter between the two fillets and top with a few thyme leaves and lemon slices. Season generously. Fold and scrunch the paper together to create two paper parcels. Put on a baking sheet and cook for 8-10 mins.

■ Meanwhile, heat a medium-sized frying pan over a high heat and fry the pancetta for a few mins until golden and crisp. Add the remaining butter and cabbage, then cook for 5 mins or until the cabbage has softened. In a small saucepan over a low heat, lightly mash the butter beans with a potato masher, then mix the beans through the buttery cabbage and pancetta mixture. Stir through the cream to loosen and season generously. Serve the fish with the creamy colcannon.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 646 kcals • fat 41g • saturates 23g • carbs 21g • sugars 6g • fibre 11g • protein 43g • salt 1.9g



Mexican eggy bread

SERVES 1 **PREP** 10 mins
COOK 5 mins **EASY** V

½ medium ripe avocado, destoned and cut into pieces
2 medium tomatoes, deseeded and diced
1 heaped tbsp chopped coriander
½ lime, juiced
2 large eggs, lightly beaten
olive oil, for frying
2 thick slices sourdough or crusty bread
15g strong cheddar, grated
½ small red chilli, finely chopped

- Gently combine the avocado, tomato, coriander and lime juice in a small bowl. Season generously and set aside.
- Whisk the eggs together with a little seasoning. Heat the oil in a non-stick frying pan over a medium heat. Dip each slice of bread in the egg mixture, coating well, then put the slices in the pan and cook for about 2 mins on each side or until golden brown. Put the eggy bread on a baking sheet, sprinkle with cheese and put under a hot grill for 1 min to melt. Top with the avocado salsa and red chilli to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 829 kcals • fat 39g • saturates 13g • carbs 76g • sugars 9g • fibre 8g • protein 40g • salt 2.6g



Mango chutney baked feta with lentils

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** V

200g pack feta
1 tbsp mango chutney
150ml natural yogurt
small handful mint, finely chopped
small handful dill, finely chopped, plus extra fronds to serve
1 tbsp olive oil
250g pack microwave Puy lentils
½ medium cucumber, halved, deseeded and cut into half-moons
120g cherry tomatoes, halved

- Heat oven to 220C/200C fan/gas 7. Put the feta in an ovenproof dish and spread over the mango chutney. Bake for about 20 mins until sticky.
- Mix the yogurt, half the mint, half the dill, the olive oil and 1 tbsp water to make a dressing. Season to taste.
- Cook the lentils in the microwave according to pack instructions. Toss the lentils with the cucumber and tomatoes. Divide between two plates and top with the feta, a drizzle of the yogurt dressing and any remaining herbs.

GOOD TO KNOW calcium • fibre • 3 of 5-a-day • gluten free
PER SERVING 596 kcals • fat 31g • saturates 16g • carbs 40g • sugars 16g • fibre 10g • protein 34g • salt 4.2g



Southern-fried chicken tacos

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY**

2 x 305g packs southern fried chicken goujons
2 tbsp chives, finely chopped
150g soured cream
8 small soft corn tortillas or 12 mini flour tortillas
3 Little Gem lettuces, cut into wedges
4 spring onions, very finely sliced
buffalo hot sauce, to serve

- Heat oven to 200C/180C fan/gas 6. Put the chicken on a baking sheet and cook for 15 mins or until piping hot in the centre. Meanwhile, stir half the chives into the soured cream and season to taste.
- Warm the tortillas in the microwave on high for about 1 min. Slice each chicken piece in half diagonally. Serve the warm tortillas topped with the chicken, lettuce wedges, a dollop of soured cream, the spring onions and a generous glug of buffalo sauce. Scatter over the remaining chives to serve.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 657 kcals • fat 28g • saturates 8g • carbs 65g • sugars 8g • fibre 6g • protein 33g • salt 1.5g

Saag paneer kedgeree

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY** V

2 large eggs
1 tbsp vegetable oil
1 red onion, finely sliced
115g paneer, cut into 2-3cm cubes
2 tbsp medium curry powder
250g frozen spinach
200g cooked coconut rice pouch
½ red chilli, finely sliced (optional)

■ Bring a medium pan of water to the boil. Add the eggs and cook for 7 mins, then put them in a bowl of cold water and set aside.

■ Meanwhile, drizzle the oil in a large non-stick frying pan or shallow casserole dish. Add the onion and fry over a medium-high heat for 5 mins. Tip in the paneer and fry for 5 mins or until evenly browned and the onion is beginning to caramelise.

■ Add the curry powder and fry for 1 min, then add the spinach. Cover with a lid and cook for a few mins to allow the spinach to defrost. Uncover, add the rice, turn up the heat and cook for a few mins more or until everything is piping hot. Season. Peel the eggs, halve and place on top of the rice. Finish with a scattering of chilli, if you like.

GOOD TO KNOW calcium • folate • fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 553 kcals • fat 32g • saturates 14g • carbs 29g • sugars 6g • fibre 8g • protein 32g • salt 0.8g

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Peanut butter & prawn noodle salad

SERVES 4 **PREP** 10 mins
COOK 5 mins **EASY**

250g thin egg noodles
130g crunchy peanut butter
2 tbsp soy sauce
3 tbsp chilli oil, plus extra to serve
1 lime, juiced, plus wedges to serve
150g cooked king prawns
1 large carrot, peeled and grated
1 small bunch coriander leaves, roughly chopped
4 spring onions, sliced
2 handfuls chilli prawn crackers (optional)

■ Cook the noodles according to pack instructions. Drain and leave to cool a little.
■ Put the peanut butter in a microwave-proof bowl with 2 tbsp water. Mix and put in the microwave on high for 30 seconds to loosen. Add the soy sauce, chilli oil and lime juice to the peanut butter to make a dressing. Toss the noodles in the dressing, season and spread out on a sharing platter.
■ Top with the prawns, carrot, coriander and spring onions, toss it all together, then break the the prawn crackers, if using, and sprinkle over the top. Let people help themselves at the table, and serve with extra lime wedges and chilli oil drizzled over.

GOOD TO KNOW fibre
PER SERVING 516 kcals • fat 27g • saturates 4g • carbs 41g • sugars 5g • fibre 7g • protein 23g • salt 1.9g



Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON
Stylist JENNY IGGLEDEN

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Cauliflower cheese soup with crispy sage & hazelnuts

SERVES 4-6 **PREP** 10 mins **COOK** 30 mins
EASY V ❄ without toppings

Heat **2 tbsp rapeseed oil** in a large pan and cook **1 chopped onion** until starting to caramelise. Add **1 vegetable stock cube**, **1 large chopped head of cauliflower** and a drained **400g can butter beans**. Stir, then pour in **400ml milk** and 800ml water. Season and add **a grating fresh nutmeg**. Cover and simmer for 20 mins. Blend the soup with a hand blender until smooth, adding more liquid if necessary. Add **2 tsp Dijon mustard**, **50g extra mature cheddar** and **100ml double cream**. In another pan, sizzle a **handful sage leaves** in **50ml oil** until crisp. Ladle the soup into bowls. Top with the sage, oil and **some chopped toasted hazelnuts**.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 370 kcals • fat 30g • saturates 11g • carbs 13g • sugars 7g • fibre 4g • protein 10g • salt 0.9g



Rich & creamy

4 ideas for simple soups

Warm up with a meal in a bowl, perfect for a cold winter's evening

recipes CASSIE BEST
photograph EMMA BOYNS

Curried sweetcorn soup

SERVES 4 **PREP** 15 mins **COOK** 40 mins
EASY V ❄ without toppings

Heat **2 tbsp rapeseed oil** in a large pan. Add **1 large finely chopped onion** and cook for 8-10 mins until soft. Add **2 crushed garlic cloves**, **1 chopped red green chilli**, **1 peeled**, **finely chopped carrot** and **1 finely chopped celery stick**. Cook for 2 mins, then add **1½ tsp ground turmeric**, **1½ tbsp mild or medium curry paste**, **1 chicken or vegetable stock cube** and **50g red lentils**. After 30 secs, pour in **400ml coconut milk** and 800ml boiling water. Cover and simmer for 15 mins. Add **250g frozen sweetcorn**, cover and cook for 3 mins. Leave the soup chunky or part-blend. Season to taste. Top with a **halved soft-boiled egg**, **coriander leaves** and **green chilli slices**.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 393 kcals • fat 28g • saturates 16g • carbs 22g • sugars 9g • fibre 5g • protein 11g • salt 1g

Spicy & comforting

Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON | Stylist FAYE WEARS

Silky & vibrant

Red pepper, squash & harissa soup

SERVES 6 **PREP** 15 mins
COOK 1 hr **EASY** V ❄

Heat oven to 180C/160C fan/gas 4. Peel **1 small butternut squash (about 600-700g)** and chop into chunks. Roughly chop **2 red peppers** and **2 red onions**. Put all the veg on a large baking tray and toss together with **3 tbsp rapeseed oil**, **3 garlic cloves in their skins**, **1 tbsp ground coriander**, **2 tsp ground cumin** and some seasoning. Roast for 45 mins, moving the veg around in the tray after 30 mins, until soft and starting to caramelise. Squeeze the garlic cloves out of their skins. Tip everything into a large pan. Add **1.2 litres chicken or vegetable stock**, **2 tbsp harissa paste** and **50ml double cream**. Bring to a simmer and bubble for a few mins. Blitz the soup in a blender, check the seasoning and add more liquid if you need to. Serve swirled with extra cream and harissa.

GOOD TO KNOW healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 205 kcals • fat 11g • saturates 4g • carbs 15g • sugars 10g • fibre 6g • protein 9g • salt 0.5g



Hearty & soothing



Green minestrone with tortellini

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY** V

Heat **2 tbsp olive or rapeseed oil** in a large pan. Add **1 chopped onion**, **1 small chopped leek** and **1 chopped celery stick**. Cook for 8-10 mins until softened, then stir in **3 crushed garlic cloves** and **2 bay leaves**. Pour in **1 litre good-quality chicken or vegetable stock**, then cover and simmer for 10 mins. Add **100g shredded spring veg or cabbage**, **50g frozen peas**, **zest of 1 lemon** and **250g tortellini** (spinach tortellini works well). Cover and cook for another 3 mins, season well and ladle into bowls.

GOOD TO KNOW healthy • low fat • low cal • fibre • 1 of 5-a-day
PER SERVING 231 kcals • fat 8g • saturates 2g • carbs 21g • sugars 6g • fibre 7g • protein 14g • salt 0.9g

rosie's seasonal stars

oranges

Add some citrussy zing to your cooking this month with these recipes by **Rosie Birkett**

photograph STUART OVENDEN

The vivid glow of a plump-skinned orange in winter is a joyful thing – a happy reminder that while we're months away from the soft fruits we took for granted in summer, there is brightness; vital acid and oodles of flavour lurking in citrus. Oranges are so familiar to us these days they're in danger of seeming somewhat prosaic, and while foodies fawn over the delights of pink, blush and blood oranges when their season comes, we mustn't overlook the potential of regular varieties. In fact, a standard orange, harvested from warmer climes after months and months of sunshine, is anything but dull when bang in season. It brings a wonderfully balanced sharpness and sweetness to both desserts and savoury dishes throughout the winter, helping to cut through the richness of the cheeses, roasted meats and caramelised root vegetables we favour at this time of year, and lending zing and vibrancy to cakes, scones, biscuits and pastries. Making marmalade is a winter ritual (my cardamom and vanilla version is on *bbcgoodfood.com*) and I've also been experimenting with preserving whole slices in jars packed with salt, just as I do lemons. After a few weeks or months, their flavour deepens and they're lovely finely chopped and sizzled in butter to pair with fish or seafood, or tossed with olive oil, garlic and woody herbs and used to marinate chicken or roast parsnips. While cheap and plentiful, I'll buy whole boxes of oranges from my greengrocer, keeping them on the kitchen counter to start the day with freshly squeezed juice. Whisked with a little cayenne and grated ginger, this is the perfec pick-me-up (see recipe to the right). The skins should never be discarded, bursting as they are with aromatic oils just begging to be grated into cake mixes, salad dressings or marinades. My orange olive oil cake (recipe to the right) uses the whole fruit to make a gluten-free batter rich with olive oil and fluffy with ground almonds. Look out for navel oranges (so named because they have what looks like a belly button), particularly for this recipe, because they're naturally seedless and have a beautifully balanced flavour. The cake is drizzled with a rosemary-laced syrup, because I think there is something magical about the combination of rosemary and orange.



ALSO IN SEASON apples ■ bananas ■ beetroot ■ brussels sprouts ■ cabbage ■ cauliflower ■ celeriac ■ celery ■ chestnuts ■ chicory ■ clementines ■ grapefruit ■ jerusalem artichokes ■ kale ■ leeks ■ lemons ■ pak choi ■ parsnips ■ pears ■ pomegranates ■ purple sprouting broccoli ■ radicchio ■ rhubarb ■ salsify ■ spring onions ■ swede ■ sweet potatoes ■ turnips



Good Food contributing editor Rosie Birkett is a food writer and stylist, and a regular on BBC One's *Saturday Kitchen*. Her cookbook, *A Lot on Her Plate*, is out now (Dhs125, Hardie Grant).
@*RosieFoodie*



Whole orange olive oil cake with rosemary drizzle

SERVES 8-10 **PREP** 25 mins plus infusing
COOK 1 hr 30 mins **EASY** V ❄

1 large whole seedless orange
½ lemon, juiced and zested
225ml olive oil, plus extra for the tin
200g ground almonds
120g polenta
1 tsp baking powder (use gluten-free if you need to)
3 large eggs
225g golden caster sugar
natural yogurt or crème fraîche, to serve (optional)

For the rosemary drizzle
100g golden caster sugar
½ orange, juiced
½ lemon, juiced
6 cardamom pods, seeds removed and ground
4 rosemary sprigs

1 Bring a pan of water to the boil. Lower the orange in and cover with a lid but leave a gap so that a little steam can still escape. Boil gently for 30 mins, then remove from the water and allow to cool slightly. Quarter the orange and remove any pips, then transfer to a blender or food processor, add the lemon juice and blitz to a smooth purée.
2 Heat the oven to 180C/160C fan/gas 4 and oil the sides of a round 23cm cake tin. Line the bottom of the tin with baking parchment.
3 Sieve the almonds, polenta, baking powder and ½ tsp salt into a large bowl and mix together thoroughly. Whisk the eggs and sugar in the bowl of a stand mixer until really pale and fluffy, about 4 mins, then with the mixer still whisking, slowly pour in the olive oil in a steady stream so that the mixture doesn't split. Once incorporated, scrape the orange purée in and whisk to combine, then add the dry ingredients, combining until you have a smooth batter. Pour the batter into the cake tin and bake for 55 mins to 1 hr 5 mins, until a skewer inserted comes out clean.
4 Cool in the tin on a wire rack while you make the syrup. In a pan combine the sugar, orange, lemon juices, cardamom and 30ml water. Bring to the boil, stirring until the sugar has dissolved, then add the rosemary. Turn off the heat and infuse for at least 30 mins.
5 Use a skewer to poke holes in the top of the cake, then pour over the syrup. Allow to settle for 5 mins or so, then slice and serve with some natural yogurt or crème fraîche, if you like.

GOOD TO KNOW gluten free
PER SERVING (10) 537 kcals • fat 36g • saturates 5g • carbs 44g • sugars 35g • fibre 1g • protein 9g • salt 0.5g

more ideas using oranges

Caramelised oranges & natural yogurt

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY** V

Peel and slice **2 seedless oranges**, then put the slices in a bowl. **Zest and juice another orange** and set aside. Combine **50g golden caster sugar** and a **pinch of salt** in a non-stick frying pan and place it over a medium-low heat. Let the sugar melt without stirring, then carefully (it will spit and bubble) add the zest and juice, then stir with a wooden spoon until you have a caramel. Add **1 tbsp water** if it needs thinning (it should be as thin as orange juice). Pour the caramel onto the sliced oranges and allow to sit for 30 mins before serving. Spoon over **natural yogurt** and top with **toasted flaked almonds**.

GOOD TO KNOW low fat • calcium • folate • vit c • 1 of 5-a-day
PER SERVING 315 kcals • fat 10g • saturates 2g • carbs 47g • sugars 46g • fibre 2g • protein 9g • salt 0.2g

Red chicory, shaved fennel, orange & toasted pistachio salad

SERVES 2 **PREP** 5 mins
COOK 2 mins **EASY** V

Toast a **handful pistachio nuts** in a non-stick frying pan for a few mins, until toasted. Add in a **pinch fennel seeds** and toast these for a few seconds with the nuts, then transfer the whole lot to a bowl. Peel, and slice **1 navel orange**, discarding the pith. Strip **1 head red chicory** and shave or finely slice **½ bulb fennel**, then combine in a bowl and squeeze over the juice from one slice of the orange. Season, then add the other orange slices. Toss everything together and drizzle with **a little olive oil**. Scatter over the pistachios. Garnish with **flat-leaf parsley**, if you like.

GOOD TO KNOW vegan • healthy • 2 of 5-a-day • gluten free • folate • vit c • fibre
PER SERVING 221 kcals • fat 12g • saturates 2g • carbs 19g • sugars 15g • fibre 7g • protein 5g • salt 0.02g

Orange, ginger & cayenne pick-me-up shots

SERVES 4 **PREP** 5 mins
NO COOK **EASY** V

Whisk the juice of **2 oranges** with **1 tsp raw honey**, ¼ **tsp cayenne pepper** and ½ **tsp freshly grated ginger**. Knock it back and be instantly revived.

GOOD TO KNOW low fat • gluten free
PER SERVING 16 kcals • fat none • saturates none • carbs 4g • sugars 3g • fibre none • protein 0.3g • salt none



Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON | Stylist JENNY IGGLEDEN

easy bakes

Spread the love

Forget roses and shop-bought chocolates, show someone you really care this Valentine's by making these sweet little tarts as a gift

recipe MIRIAM NICE *photograph* TOM REGESTER

Jam tarts

The hardest thing about this recipe is waiting for the tarts to cool down before you eat them. Do be careful – however tempting they may look, the jam will be dangerously hot when they come out of the oven.

MAKES 12 **PREP** 25 mins plus chilling
COOK 18 mins **EASY** V

- 250g plain flour, plus extra for dusting
- 125g butter, chilled and diced, plus extra for the tin
- 1 medium egg
- 1 vanilla pod, seeds scraped (optional)
- 100g jam, fruit curd or marmalade of your choice

1 Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips (or you can pulse these ingredients together in a food processor if you have one). When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds, if using, with a cutlery knife. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands – try not to knead it too much. Add 1 more tbsp of water if it's not coming together, but try not to add more than that. Wrap in cling film and chill in the fridge for 30 mins.

2 Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin, then dust your work surface with flour. Unwrap and roll out the chilled pastry so it's about the thickness of a Dhs1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each one and, if you like, cut out little pastry hearts and pop them on top.

3 Bake for 15-18 mins or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.

PER TART 183 kcals • fat 9g • saturates 6g • carbs 22g • sugars 6g • fibre 1g • protein 3g • salt 0.2g

tip

To save time, you can use ready-made shortcrust pastry for this recipe. Buy a block rather than ready-rolled as it's easier to roll it to the thickness you require.

Shoot director MIRIAM NICE | Food stylist ESTHER CLARK | Stylist LUIS PERAL


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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



VALENTINE'S DINNER, p46



BRUNCH FOR TWO, p52



TOMMY'S TWIST BUTTER CHICKEN, p58



TOM KERRIDGE
MAKE A FRESH START, p54

gf

RAISE THE STEAKS

If ever there was a piece of meat made for two to share, it's a thick-cut steak. We've taken inspiration from around the world to create three very special suppers

Recipes BARNEY DESMAZERY AND CHELSIE COLLINS ***Photographs*** TOBY SCOTT

All-American T-bone

The T-bone is a favourite American cut, taken from the sirloin. The steak includes a T-shaped bone with meat on each side (fillet on one side and sirloin on the other), making this perfect for sharing. Pair this juicy steak with all-American onion rings and a lettuce wedge salad for the ultimate steak dinner for two.

SERVES 2 **PREP** 5 mins
COOK 12 mins **EASY**

700g/1lb 9oz T-bone steak
2 garlic cloves, bashed
½ small pack thyme
½ tbsp olive oil
50g/2oz butter

1 Heat oven to 200C/180C fan/gas 6. Put an ovenproof griddle pan on a high heat. Season the steak on both sides, then rub both sides with the garlic cloves, thyme and olive oil. Put the steak in the hot pan and char the underside for 2 mins or until griddle lines appear. Turn the steak over to brown the other side, rub the top with the thyme again, then lay the thyme and garlic on top of the meat.
2 Once evenly browned all over with griddle lines, put the thyme and garlic to one side, hold the steak with a pair of tongs to cook its fatty side and render it down so it's soft rather than gristly. This will take a few mins. Lay the steak flat again, put the thyme, garlic and butter on top and transfer the pan to the oven to finish cooking for 4-5 mins, until the meat reaches 62-65C on a probe thermometer (or until cooked to your liking).
3 Rest the meat for 5-6 mins. Serve on a board or large plate in the middle of the table.

GOOD TO KNOW gluten free
PER SERVING 808 kcals • fat 64g • saturates 31g • carbs 1g • sugars none • fibre none • protein 57g • salt 0.6g

Iceberg wedge salad with blue cheese dressing

SERVES 2 **PREP** 10 mins **NO COOK**
EASY **V**

50ml/2fl oz buttermilk
50g/2oz soured cream
50g/2oz mayonnaise
1 tsp lemon juice
75g/21/2oz blue cheese, crumbled
½ small pack chives, snipped
1 iceberg lettuce, washed and quartered
25g/1oz walnuts, toasted and chopped

1 Make the dressing in a medium-sized bowl by combining the buttermilk, soured cream, mayonnaise, lemon juice and 50g of the blue cheese. Season and stir through the chives. Chill until ready to serve.
2 When ready to serve, pour half the dressing over the lettuce wedges and crumble over the remaining blue cheese and a scattering of walnuts. Serve the rest of the dressing on the side.

GOOD TO KNOW calcium • folate • 1 of 5 a-day
PER SERVING 516 kcals • fat 46g • saturates 16g • carbs 8g • sugars 8g • fibre 3g • protein 15g • salt 1.1g

Best-ever onion rings

Soaking the onion slices in buttermilk takes the raw edge off them so they taste more mellow.

SERVES 2 **PREP** 15 mins plus soaking
COOK 3-4 mins **LITTLE EFFORT** **V**

2 onions, sliced into 1cm/1/2in-thick rounds
400ml/14fl oz buttermilk
140g/5oz plain flour
½ tsp cayenne pepper
vegetable oil, for deep-frying
50g/2oz cornflour
150ml/¼pt lager
flaked sea salt, to serve

1 Put the onions in a large bowl, pour over the buttermilk and cover with cling film. Leave to soak at room temperature for 30 mins-1 hr.
2 Put 100g of the plain flour on a large plate and stir in the cayenne with a little seasoning. Drain the onion rings, then coat in the seasoned flour.
3 Half-fill a large saucepan with the oil and heat until it reaches 180C on a probe thermometer (or until a piece of bread crisps in 20-30 secs) or heat a deep fat fryer to 180C. Make the batter by combining the remaining plain flour with the cornflour and a pinch of salt. Make a well in the centre and pour in the lager. Stir to combine until smooth.
4 Dip each onion ring in the batter and fry for 3-4 mins or until crisp. Drain on kitchen paper and sprinkle with the salt.

GOOD TO KNOW 1 of 5 a-day • good for you
PER SERVING 498 kcals • fat 14g • saturates 2g • carbs 77g • sugars 8g • fibre 5g • protein 9g • salt 0.6g





If there's one dish you'll find in most Parisian bistros, it's steak & chips

Onglet with shallots

Onglet is also called hanger steak. It delivers lots of flavour and is best cooked rare to keep it tender.

SERVES 2 **PREP** 20 mins **COOK** 30 mins **EASY**

85g/3oz butter
400g/14oz piece of onglet steak trimmed into a neat 'fillet', trimmings reserved and chopped
2 banana shallots, 1 finely chopped, 1 finely sliced into rings
1 thyme sprig
1 bay leaf
½ tsp plain flour
300ml/½pt alcohol-free red wine
handful finely chopped parsley, to serve
Dijon mustard, to serve

1 To make the base for the sauce, heat a third of the butter in a shallow pan and sizzle the meat trimmings, chopped shallots and herbs until lightly browned. Scatter over the flour, cook for a few mins until pasty, then pour over the wine and boil until reduced by half and slightly syrupy. Strain the sauce through a fine sieve into a jug and set aside until needed. Can be made up to 2 days in advance, covered and chilled.
2 Heat another third of the butter in a frying pan until sizzling. Fry the well-seasoned steak in the butter for about 12 mins in total so it's caramelised on all sides. This cut of meat only suits being cooked to a maximum of 15 mins for medium – 12 mins will give you rare. Remove the meat from the pan and leave to rest.
3 Add a touch more butter to the pan and cook the sliced shallots until caramelised. Pour in the prepared sauce, bring back to a simmer and stir in any remaining butter. Taste the sauce for seasoning and turn off the heat.
4 Carve the steak into slices across the grain and place on a platter. Spoon over the saucy shallots and pour over the reserved sauce. Scatter over the parsley and serve with the chips and mustard.

GOOD TO KNOW iron
PER SERVING 698 kcals • fat 46g • saturates 27g • carbs 2g • sugars 1g • fibre 1g • protein 42g • salt 0.9g

Cheat's real chips

SERVES 2 **PREP** 10 mins **COOK** 25-30 mins **EASY** **V**

450g/1lb Maris Piper potatoes, cut into chunky chips
sunflower oil, for frying (about 300ml/½pt)
flaky sea salt

1 To cook the chips, put them in a sturdy saucepan that holds them in a double layer and still has plenty of space above them. Pour over enough cold oil to cover them by about 2cm. Put the pan on a high heat and bring the oil to the boil, stirring the chips with a wooden spoon occasionally so they don't stick.
2 After about 20 mins the oil will clear and the chips will look like they are frying. Keep an eye on them, stirring with the spoon occasionally until golden and crisp. Scoop them out with a slotted spoon into a dish lined with kitchen paper, and season with flaky sea salt. Serve with the steak.

GOOD TO KNOW fibre • good for you • gluten free
PER SERVING 442 kcals • fat 15g • saturates 1g • carbs 64g • sugars 1g • fibre 6g • protein 9g • salt 0.1g







Seared sirloin with Japanese dips

Wagyu beef, popular in Japan, is prized for the marbling of fat that runs through it. It's expensive and hard to find, so the best cut to replicate it is sirloin.

This recipe is based on the southern Japanese dish tataki, which means 'hit into pieces'

SERVES 2 **PREP** 25 mins **COOK** 10 mins **EASY**

400g/14oz whole piece of sirloin, trimmed of excess fat
1 tbsp sunflower oil
thumb-sized piece ginger, finely grated
¼ cucumber, peeled and cut into matchsticks
small handful mustard cress
2 tsp toasted sesame seeds
cooked sticky rice, to serve (optional)

For the ponzu dipping sauce
4 tbsp soy sauce
juice 1 lime
large pinch of chilli flakes
small pinch of white sugar

For the wasabi cream
1 tbsp wasabi
5 tbsp soured cream

1 Rub the beef generously with oil and season well. Heat a heavy frying pan and sear the beef on all sides for about 8 mins in total for very rare, 10 mins for rare and 12 mins for medium-rare. Remove from the pan and set aside.

2 While the meat is resting, prepare the accompaniments. For the ponzu dipping sauce, mix all the ingredients together with a splash of water until the sugar has dissolved, then set aside. For the wasabi cream, stir the ingredients together until completely mixed, then set aside.

3 After the beef has rested for 10 mins, use your sharpest knife to carve it into thin slices. Fan the slices out on a serving platter, scatter with the cucumber, then the cress, followed by the sesame seeds. Bring to the table with the two sauces and the ginger in small serving dishes for dipping and spreading over the beef slices. Serve with chopsticks and sticky rice on the side, if you like.

GOOD TO KNOW iron
PER SERVING 465 kcals • fat 28g • saturates 11g • carbs 8g • sugars 5g • fibre 1g • protein 46g • salt 5.8g

3 steps to steak heaven

Apply these three golden rules to any steak you cook and you should have great results every time:

- **Make sure your meat is at room temperature before cooking – this ensures it cooks evenly.**
- **Get your pan hot enough to seal and brown the meat properly, so it's more flavoursome.**
- **Rest a thick-cut steak before serving to retain its juices.**



Food styling CHARLIE CLAPP | Styling SARAH BIRKS



BRUNCH

FOR TWO

Brighten up a loved one's morning with this special brunch from **Cassie Best**

photograph DAVID MUNNS

Cornbread

Bake this ahead, and come the weekend you'll have an impressive breakfast on the table in minutes. I like to top it with devilled eggs and avocado for brunch, but it's also great served with chilli con carne or pulled pork.

CUTS INTO 8-10 slices **PREP** 20 mins plus cooling **COOK** 50 mins **EASY** V ❄

50g/2oz slightly salted butter, melted, plus extra for greasing
250g/9oz fine polenta or cornmeal, plus extra for dusting
325g can sweetcorn, drained
250ml/9fl oz buttermilk
4 large eggs
1 tbsp golden caster sugar
100g/4oz plain flour
2 tsp baking powder
1 tsp bicarbonate of soda

1 Heat oven to 180C/160C fan/gas 4 and brush a 900g loaf tin with melted butter, then dust it with polenta and shake out the excess. Tip 175g of the sweetcorn into a food processor with the remaining ingredients and 1 tsp salt. Blend until smooth, then remove the blade and stir through most of the remaining sweetcorn.
2 Pour the batter into the tin, scatter over the last of the sweetcorn and bake for 45-50 mins until risen and golden. Insert a skewer into the centre – it should come out with a few moist crumbs, but the mixture should not be wet. Return to the oven for a further 5-10 mins if necessary, then test again.
3 Cool the loaf in its tin for 10 mins, then transfer to a wire rack to cool. Will keep, wrapped in cling film, for up to 3 days, or freeze in slices for up to 2 months.

PER SERVING (10) 241 kcals • fat 7g • saturates 3g • carbs 36g • sugars 6g • fibre 1g • protein 7g • salt 0.9g

Griddled cornbread with devilled eggs & avocado

SERVES 2 **PREP** 5 mins **COOK** 15 mins **EASY** V

400g can cherry tomatoes
1 tsp golden caster sugar
a few drops Tabasco sauce
2 eggs
1/2 fat green chilli, thinly sliced (optional)
small knob of butter, softened
1 small ripe avocado, halved, stoned, peeled and sliced (do this just before serving to prevent it from browning)
4 thick slices cornbread (see recipe, left)
handful coriander leaves, to serve

1 Heat a griddle pan and a large frying pan. Put the tomatoes, sugar and Tabasco in the frying pan and bubble for 10 mins – season and taste to check the spiciness, adding a splash more Tabasco, if you like. Make 2 spaces in the pan and crack in the eggs, then scatter over the chilli, if using. Cook for a further 3-5 mins until the whites of the eggs are cooked and the yolks are still runny (or to your liking).
2 Meanwhile, butter the cornbread and place, butter-side down, on the hot griddle pan. Cook for 2-3 mins each side until dark griddle lines appear. Top the cornbread with the avocado and the eggs, then spoon around the tomatoes, scatter with coriander and serve.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 404 kcals • fat 19g • saturates 7g • carbs 45g • sugars 14g • fibre 5g • protein 10g • salt 1.2g

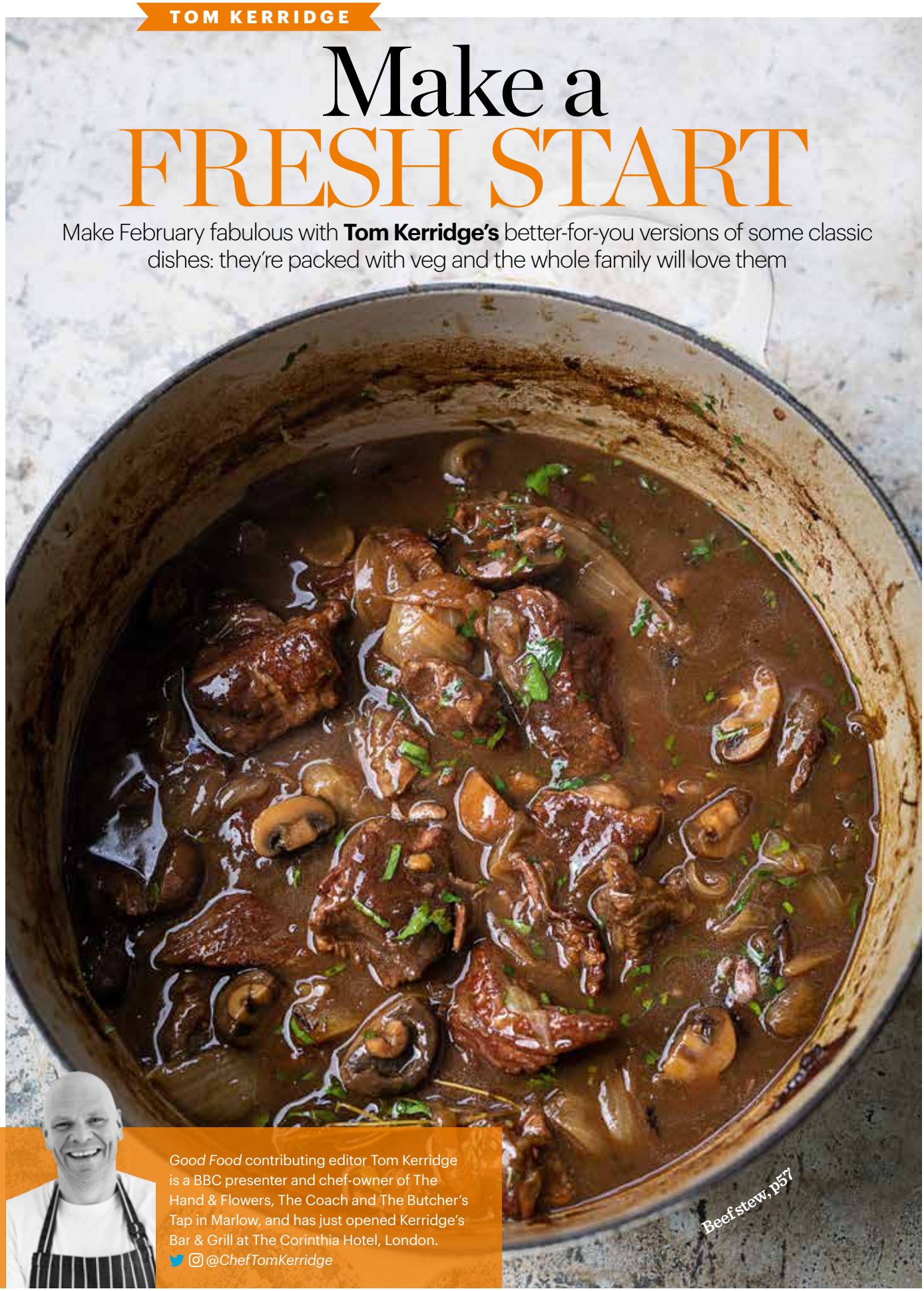
Find more brunch recipes at bbcgoodfoodme.com



TOM KERRIDGE

Make a FRESH START

Make February fabulous with **Tom Kerridge's** better-for-you versions of some classic dishes: they're packed with veg and the whole family will love them



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and has just opened Kerridge's Bar & Grill at The Corinthia Hotel, London.
@ChefTomKerridge

Beef stew, p57

Miso ramen

So many amazing Japanese flavours are breaking through into the foods we eat now, and this one-bowl meal shows them off a treat. It's a good one to try if you're not sure about the taste of tofu as it's fried in a delicious sweet and sticky glaze.

SERVES 4 **PREP** 10 mins **COOK** 15 mins **EASY** V

- 5 tbsp miso paste
- 2 tbsp soy sauce
- 2.5cm piece ginger, grated
- 12 shiitake mushrooms
- 225g smoked tofu, cut into 4 slices
- 2 tbsp liquid aminos or tamari
- 250g soba noodles
- 16 ears baby corn
- 1 tbsp vegetable oil
- 8 baby pak choi
- 200g ready-to-eat beansprouts (if they're not labelled ready-to-eat, cook thoroughly until steaming hot throughout)
- 2 red chillies, finely sliced on an angle
- 2 spring onions, finely sliced on an angle
- 4 tbsp crispy seaweed
- 2 tbsp black sesame seeds
- 1 tbsp sesame oil, to finish

1 Put the miso, 1.5 litres water, soy sauce, ginger and shiitake in a large saucepan. Stir to mix in the miso, then bring to a very gentle simmer. Keep simmering for 5 mins.
2 Meanwhile, place the smoked tofu in a shallow bowl and pour over the liquid aminos. Turn the tofu slices over to make sure they are soaked well on both sides.
3 Bring a pan of salted water to the boil. Add the soba noodles, bring back to the boil and cook until just tender, about 5 mins.
4 Add the baby corn to the miso broth and cook for a further 4 mins.
5 Meanwhile, heat the oil in a non-stick frying pan over a high heat. Lift the tofu from its bowl, shaking off the excess liquid aminos and saving it. Gently place the tofu in the frying pan and cook for 2-3 mins on each side until browned. Add the reserved liquid aminos to the pan (it will bubble up) and reduce to a glaze. Remove from the heat.
6 As soon as the noodles are cooked, drain them in a colander and rinse under cold water, then divide between four serving bowls. Add the pak choi to the miso broth and remove from the heat.
7 Divide the pak choi, baby corn and beansprouts between the bowls. Ladle over the miso broth and add the tofu. Garnish with the chillies, spring onions and crispy seaweed. Sprinkle with sesame seeds, drizzle over the sesame oil and serve straightaway.

GOOD TO KNOW vegan • low fat • low cal • folate • iron • 2 of 5-a-day
PER SERVING 383 kcals • fat 7g • saturates 1g • carbs 57g • sugars 5g • fibre 4g • protein 20g • salt 5.2g



Chicken with roasted cauliflower

Full of flavour and with a great texture, roast cauliflower is the ideal partner for roast chicken. Chunks of toasted sourdough take the place of potatoes, providing a bit of crunch and soaking up all the lovely roasting juices.

SERVES 6-8 **PREP** 20 mins
COOK 2 hrs **EASY**

1 large free-range chicken, about 2.7kg
2 medium cauliflowers, trimmed, leafy stalks retained
2 tbsp extra virgin olive oil
2 garlic cloves, grated
2 tbsp lemon thyme leaves, chopped
1 crumbly chicken stock cube
300ml chicken stock

For the toasted sourdough

300g sourdough bread, torn into bite-sized pieces
1 tbsp extra virgin olive oil
2 tbsp finely chopped flat-leaf parsley



1 Take the chicken out of the fridge 30 mins before you want to cook it. Heat oven to 170C/150C fan/gas 3.
2 Lay the leafy stalks from the cauliflowers in a large roasting tray (to sit the chicken on). Set the cauliflower heads aside.
3 In a small bowl, mix the extra virgin olive oil with the garlic, chopped thyme and a little salt and pepper. Carefully insert your fingers under the skin of the chicken breasts and loosen the skin from the breasts. Push most of the olive oil mixture under the skin and spread it over the breast meat with your fingers. Sit the chicken on the cauliflower stalks.
4 Drizzle the remaining olive oil mix over the chicken and rub in well with your hands. Season with pepper and crumble the stock cube evenly over. Cover the tray tightly with foil. Cook for 1 hr 20 mins.
5 In the meantime, break the cauliflower into florets. When the time is up, take the tray from the oven and remove the foil. Turn the oven up to 220C/200C fan/gas 7. While it is coming up to temperature, add the cauliflower florets to the roasting tray and pour in the chicken stock.
6 Place the tray on the bottom shelf of the oven. Roast for 30-40 mins or until the chicken is golden brown all over and the cauliflower is cooked, basting the chicken with the juices and tossing the cauliflower halfway through.
7 To make the toasted sourdough, 20 mins before the end of the cooking time, scatter the pieces of sourdough on a small baking tray. Drizzle with the olive oil and season. Place on the top shelf of the oven for 15-20 mins or until golden brown.
8 Sprinkle the chopped parsley over the sourdough and mix well.

Remove the chicken from the oven and leave to rest for 15 mins before carving. Serve the chicken with the roasted cauliflower, cauliflower stalks, and toasted sourdough, spooning over the pan juices.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING (8) 615 kcals • fat 29g • saturates 70g • carbs 28g • sugars 5g • fibre 4g • protein 58g • salt 1.6g



Beef stew

SERVES 6-8 **PREP** 20 mins
COOK 3 hrs 30 mins **EASY** ❄

3 tbsp vegetable oil
1.5kg braising beef, cut into 3.5cm pieces
4 large onions, thickly sliced
3 tbsp plain flour
800ml beef stock
6 thyme sprigs
450g chestnut mushrooms, halved
handful parsley, finely chopped
mash, to serve (optional, see below)

1 Heat oven to 170C/150C fan/gas 3. Put a large non-stick, flameproof casserole dish on a high heat and add 1 tbsp oil. Season the beef and brown in batches until well coloured on both sides, making sure you don't overcrowd the dish. Remove each batch and set aside on a plate.
2 Add the remaining oil to the pan and lower the heat to medium. Toss in the onions and cook for about 10 mins until softened and golden brown. Stir in the flour and cook, stirring, for 1-2 mins.
3 Return the beef to the pan, pour in the stock and add the thyme. Bring to the boil, then put the lid on and cook for 1½ hrs.
4 Add the mushrooms to the casserole, stir well and return to the oven for a further 1½ hrs.
5 Season to taste and stir in half the chopped parsley. Scatter over the remaining parsley to finish and serve with mash, if you like.

GOOD TO KNOW 2 of 5-a-day
PER SERVING (8) 427 kcals • fat 19g • saturates 6g • carbs 16g • sugars 9g • fibre 4g • protein 42g • salt 0.4g

gf tip
Freeze the stew
Leave to cool, then portion out into two lidded foil trays before freezing. Defrost fully in the fridge overnight. Cover with foil, then reheat in an oven at 200C/180C fan/gas 6 for 30 mins, or until hot right through.

Mashed potatoes v

Peel and cut **800g potatoes** into chunks, then put in a large pan and pour over enough cold water to cover them by 5cm. Add a good pinch of salt. Bring to the boil, lower the heat and simmer until tender, about 10-15 mins. Drain well and mash with **2 tbsp unsalted butter** and **150ml reduced-fat soured cream**. Season to taste.

GOOD TO KNOW gluten free
PER SERVING (8) 124 kcals • fat 5g • saturates 2g • carbs 17g • sugars 1g • fibre 2g • protein 2g • salt 0.2g

Sticky date pudding with coconut caramel

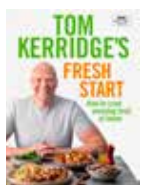
I won't pretend this is healthy! It's a luxurious version of sticky toffee pudding, using coconut milk for the caramel sauce. It's about getting in the kitchen and making something to share with others – they'll thank you for it.

SERVES 12 **PREP** 20 mins plus soaking **COOK** 40 mins **EASY** **V**

a little butter or oil, for the tin
350g pitted dates, roughly chopped
170g vegetable suet
200g light muscovado sugar
4 large free-range eggs
1 vanilla pod, split and seeds scraped
2 tsp ground mixed spice
400g self-raising flour
3 tsp bicarbonate of soda
For the coconut caramel
3 x 400ml tins coconut milk
100g light muscovado sugar
For the garnish
30g coconut flakes, toasted

1 Butter or oil a 30 x 25cm baking tin, at least 5cm deep, and line with baking parchment.
2 Put the dates in a heatproof bowl. In a small pan, bring 300ml water to the boil, then pour over the dates. Stir, then cover and leave to soak for 20 mins. Heat the oven to 190C/170C fan/gas 5.
3 Put the suet and sugar in a large bowl and stir to combine. Add the eggs, one at a time, mixing well after each addition. Add the vanilla and mixed spice, then sift over the flour and bicarbonate of soda, folding these into the mixture until nearly combined. Add the dates with their liquor and mix to combine.
4 Pour the mixture into the prepared tin and bake on the middle shelf of the oven for 40 mins, or until a skewer inserted into the middle comes out with just a few moist crumbs clinging.
5 Meanwhile, to make the caramel, tip the coconut milk into a heavy-based non-stick saucepan and whisk until smooth. Bring to the boil over a high heat and boil rapidly, stirring occasionally, for about 40 mins until reduced and starting to thicken. Sprinkle in the sugar and whisk well. (Reheat before serving if necessary.)
6 Once the pudding is cooked, remove from the oven and leave to stand for 5 mins. Cut into squares and serve warm, pour over the hot coconut caramel and sprinkle with toasted coconut flakes.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 645 kcals • fat 28g • saturates 20g • carbs 76g • sugars 45g • fibre 3g • protein 8g • salt 1.0g



• Recipes adapted from Tom Kerridge's *Fresh Start*, out now (Dhs120, Bloomsbury). Photographs © Cristian Barnett.

TOMMY'S TWIST

BUTTER CHICKEN

Michelin-starred chef **Tommy Banks** gives his roast chicken a curry makeover

photograph SAM STOWELL

Food myth has it that the popular rich and mildly spiced curry, butter chicken, was invented when an Indian chef dipped some leftover chicken into some spiced tomatoey roasting juices. Whether this story is true or not, it's what inspired me to come up with this twist on the roast chicken, and one of the best sauces that's ever been poured over it.

One-pan roast butter chicken

I love to serve this with onion bhajis (see bbcgoodfoodme.com *for a recipe), but it's up to you whether you treat the chicken as a curry and serve it with rice and naan bread, or go for a delicious culture clash and serve it as a roast with your favourite Saturday lunch sides.*

SERVES 4 **PREP** 30 mins
COOK 1 hr 10 mins **EASY**

1 lemon, halved
1 medium chicken
For the curry butter
100g soft unsalted butter
2 garlic cloves, crushed
small piece ginger, finely grated
1 tsp each garam masala, turmeric and ground cloves
handful coriander leaves, chopped

For the sauce
3 garlic cloves, finely grated
small piece ginger, finely grated
4 cardamom pods
4 cloves
1 tsp fennel seeds
2 tsp garam masala
1 tsp hot chilli powder
2 tsp turmeric
500ml passata
200ml double cream

1 Heat oven to 220C/200C fan/gas 7. Put the lemon halves in the chicken cavity. Stir all the ingredients for the butter together and season with salt and lots of pepper. Use your fingers to stuff the butter under the skin and smear it all over the chicken. Place the chicken in a flameproof roasting tin, on a trivet, if you have one. Roast for 20 mins, then turn the oven down to 180C/160C/gas 4. Continue to roast for 40 mins or until the chicken is cooked through. Remove it from the tin and leave to rest while you make the sauce.

2 If your roasting tin is flameproof, place it directly on the heat, if not, scrape all the buttery goodness from the tin into a saucepan and set over a low heat. Gently sweat the garlic and ginger in the chicken butter. Scatter in the cardamom, cloves and fennel seeds and cook for 2 mins, then add the ground spices and toast them for another 2 mins. Pour the passata in and gently reduce by half before adding the cream and reducing by a third. To finish the sauce, pour in the resting juices, season and add a squeeze of the roasted lemon from the cavity of the chicken. Carve the chicken and serve with the sauce and anything else you want to dip into it – I like onion bhajis on the side.

GOOD TO KNOW gluten free
PER SERVING 869 kcals • fat 70g • saturates 36g • carbs 8g • sugars 6g • fibre 2g • protein 50g • salt 0.8g



Tommy Banks is chef-owner at The Black Swan in Oldstead (*blackswanoldstead.co.uk*) and Roots in York (*rootsyork.co.uk*). He is also a judge on BBC Two's *Family Cooking Showdown*. His book, *Roots* (Dhs125, Seven Dials), is out now. *@tommybanks8*

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Shoot director ELIZABETH GALBRAITH | Food stylist ELLIE JARVIS | Stylist LUIS PERAL



EASY WEEKEND BAKE

One for the CAKE TIN

Fill your cake tin with this easy traybake, bursting with banana and toffee flavours. It's sure to be a new family favourite

recipe CASSIE BEST *photograph* SAM STOWELL

Banoffee traybake

SERVES 12 **PREP** 20 mins
COOK 30 mins **EASY**
V ❄ undecorated sponge only

200g butter, softened, plus extra for the tin
2 large ripe bananas (250g peeled weight)
250g light brown soft sugar
4 large eggs
1½ tsp vanilla extract
250g self-raising flour
100g natural yogurt
100g dark chocolate, chopped into chunks
100g thick caramel or dulce de leche (we used a can of Carnation caramel)
12 dried banana chips, to serve (optional)

1 Heat oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm baking tin with two strips of criss-crossed baking parchment. In a jug, mash the bananas with a fork, then add the butter and sugar and mix with an electric hand whisk until smooth and creamy.
2 Add the eggs one at a time, beating well after each addition, then add the vanilla and a pinch of salt. Use a spatula to fold through the flour, yogurt and chocolate chunks. Scrape the mixture into the tin and smooth over the surface. Bake for 30 mins until risen and golden and a skewer inserted into the centre of the cake comes out clean. Cool for 10 mins in the tin, then transfer to a wire rack.
3 Cut the traybake into 12 squares, then top each one with a spoonful of caramel and a banana chip, if you like. *Will keep in a tin for up to five days, or in the freezer – without the toppings – for up to a month.*

PER SERVING 406 kcals • fat 20g • saturates 12g • carbs 48g • sugars 31g • fibre 2g • protein 7g • salt 0.7g



Shoot director ELIZABETH GALBRAITH | Food stylist ELLIE JARVIS | Stylist LUIS PERAL



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health

Delicious recipes and top tips for staying in shape

■ Health news, page 64





all well and good
■ boost your mood food, page 66



Joanna Blythman
■ pleasure doesn't come in a packet, page 71

health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



New plant-based 'Vrunch' at Rove

Try some of the healthiest food in town and discover more about the cruelty-free lifestyle, from Saturday, February 2, at Rove Healthcare City, where the special vegan brunch – Vrunch – will be taking place. Happening on the first Saturday of each month, Vrunch, is in collaboration with plant-based chef Zendy Marsam, who has developed and created vegan dishes for a special edition of what will be an ongoing offer at Rove. Zendy is a recipe developer known for her stylish and flavoursome take on vegan recipes.

The event runs from 11.30pm to 3.30pm at the Oud Metha hotel's Daily Restaurant, a large, spacious venue where the Vegan community has already hosted highly successful events. Priced at Dhs99 for a Rove salad buffet, along with a choice of main course and dessert curated by Zendy. Children are charged at Dhs49. For more information or reservations, call 04-5619200.

Nutri Bowl opens in Dubai Studio City



A new farm-to-table concept created by the team behind Taqado Mexican Kitchen, Nutri Bowl has opened its doors at Building 2 in Dubai Studio City. With a simple aim of making healthy eating as easy and convenient as possible, Nutri Bowl offers fresh, clean, nutritious dishes, for dine-in, take away, or delivery.

Each dish on the Nutri Bowl menu lists the exact calories, carbs, fats and proteins contained within so you're in complete control. Choose from Signature Bowls, such as the Chicken Bowl; Lettuce, Grilled Chicken, Mixed Bell Peppers, Sweet Corn, Cherry Tomato, Spiced Chickpeas, Roasted Sweet Potato and Pickled Cucumber with a Honey Mustard Dressing (Fat 9, Protein 21.6, Carbs 30.84, Calories 270), or build your own Nutri Bowl, by following five simple steps: Pick a filling. Choose a base. Pick five vegetables. Choose pickles. Choose a dressing. A healthy breakfast menu is also available daily until 11.30am, along with Nutri Rolls, organic cold-pressed juices, energy balls and bars, and lots more.

To celebrate the opening, Nutri Bowl is giving away 250 free meals on Monday, February 4 from 12pm to 3pm. Taqado Mexican Kitchen, now located in the same building, is also giving away 250 free meals on this day at the same time. For more information visit nutri-bowl.com or call 04 876 7556. Order online from Deliveroo.

Text SOPHIE VOELZING | Photographs SUPPLIED

Detox Brunch at the region's first wellbeing resort

An alternative take on the usual UAE brunch scene, the Middle East's first wellbeing resort, The Retreat Palm Dubai MGallery has launched a brunch like no other with the ultimate detoxifying experience for the body, mind and soul. Taking place every Saturday from 7pm to 11pm at Vibe restaurant, guests can enjoy food, beverages and wellness activities for Dhs299, or Dhs349 with pool access. Children between the ages of 6 – 12 dine at Dhs75, while children below six dine for free. The extensive buffet-style feast offers an array of dishes from nutrition-rich salads, famous Buddha Bowls and a dedicated raw vegan herb garden to Arabic mezze and healthy tapas. For more information or reservations, visit theretreatpalmdubai.com or call 04-5247777.



KOITA launches all-natural strawberry milk

This month the homegrown milk brand, KOITA is expanding its diverse product range and launching a brand-new colour-free strawberry milk. Packed full of nutrients, the strawberry milks contains all of the flavour without any of the harmful food colouring, which is why it appears white in colour.

Despite embarking on a worldwide search that began in 2013, KOITA has been unable to find a cow that produces pink milk naturally. True to the company's commitment of bringing clean products with simple ingredients, a scientific approach was taken to see how strawberry milk became pink. Much of the red colouring used in mainstream food production (including strawberry milk) is actually made from bugs, or Cochineal insects, as they're scientifically known.

These creepy crawlies produce a bitter, crimson-coloured pigment called carminic acid, which they store in their guts and use to ward off predators. The biggest predator of these bugs is in fact manufacturers who grind the cochineals in to powder which, when mixed with water turns red and is used as a food colouring agent.

With demand growing for strawberry milk, KOITA has created it without bugs and chemicals, celebrating its white, nutritional, natural form and colouring. The new Strawberry Milk, alike the rest of the KOITA organic product range, is organic-free from toxic pesticides, artificial hormones, antibiotics and crushed bugs, whilst still enjoying a longer shelf-life, thanks to their heat-treated process which makes light work for parents, eradicating the need to chill the milk ahead of consumption and lunch box insertion.

KOITA's white Strawberry Milk hits shelves as of February 1, 2019, fortified with vitamins A & D3, available in a variety of sizes and packed in convenient, environmentally-friendly Tetra-Pak (paper, not plastic) packages. The brand's range is available to buy individually or by the case at most leading supermarkets across the region (Carrefour, Spinneys, Waitrose, Choithrams, souq.com, mumzworld.com) and direct in the UAE via koita.com with free delivery.





All well and good

boost your mood food

Cookery writer **Sophie Godwin** gives you three healthy meals filled with ingredients which may help boost your mood

photographs MIKE ENGLISH ***nutritional therapist*** KERRY TORRENS



Bananas and dairy are good sources of the amino acid tryptophan, which the body needs to make the feel-good hormone serotonin. When eaten with a carb source such as oats, the brain can absorb the tryptophan more easily.

Breakfast

Baked banana porridge

HEALTHY · 1 OF 5-A-DAY · FIBRE

SERVES 2 **PREP** 5 mins **COOK** 25 mins **EASY** V

- 2 small bananas, halved lengthways
- 100g jumbo porridge oats
- ¼ tsp cinnamon
- 150ml milk of your choice, plus extra to serve
- 4 walnuts, roughly chopped

1 Heat oven to 190C/170C fan/gas 5. Mash up one banana half, then mix it with the oats, cinnamon, milk, 300ml water and a pinch of salt, and pour into a baking dish. Top with the remaining banana halves and scatter over the walnuts.

2 Bake for 20-25 mins until the oats are creamy and have absorbed most of the liquid.

GOOD TO KNOW healthy · fibre · 1 of 5-a-day
PER SERVING 405 kcals · fat 15g · saturates 2g · carbs 52g · sugars 18g · fibre 6g · protein 12g · salt 0.3g



Lunch

Salmon and purple sprouting broccoli grain bowl

FIBRE · 2 OF 5-A-DAY · OMEGA-3

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY**

- 2½ tbsp cold pressed rapeseed oil
- ½ tsp honey
- ½ tsp wholegrain mustard
- 1 lemon, juiced
- 200g purple sprouting broccoli, each stem cut into three pieces
- 1-2 garlic cloves, sliced
- 250g pouch mixed grains
- handful each parsley and dill, roughly chopped
- 160g radishes, cut into chunks
- 200g cooked salmon, broken into chunks

1 Mix 2 tbsp oil with the honey, mustard, lemon juice and some seasoning. Bring a pan of water to the boil. Add the broccoli, cook for 3-4 mins until tender but with a slight bite, then drain.

2 Heat the remaining oil in a frying pan. Add the garlic, sizzle for a min, then tip in the mixed grain pouch, using the back of your spoon to separate the grains. Add the broccoli, mustard dressing, herbs and radishes. Give everything a mix to combine, season to taste, then gently stir through the salmon. Serve warm or cold.

At this time of year, eating oily fish like salmon is a great way to add some vitamin D to your diet. Oily fish are also an excellent source of omega-3 fatty acids, which helps to support healthy nerve function.

GOOD TO KNOW healthy • fibre • vit c • omega-3 • 2 of 5-a-day
PER SERVING 669 kcals • fat 39g • saturates 5g • carbs 36g • sugars 6g • fibre 10g • protein 39g • salt 0.4g

Dinner

Feta and kale loaded sweet potato

LOW CAL · 3 OF 5-A-DAY · IRON

SERVES 2 **PREP** 10 mins **COOK** 50 mins **EASY** V

- 2 sweet potatoes
- 210g can chickpeas, drained
- 1 small red onion, thinly sliced
- 2 tbsp red wine vinegar
- 30g feta, cut into small cubes
- 1 tbsp extra virgin olive oil
- pinch chilli flakes
- 100g kale
- 1 tbsp pumpkin seeds, toasted
- 80g bag rocket

1 Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put them in a roasting tin and roast for 40 mins. Add the chickpeas to the tray, then roast for 10 mins more, until the potatoes are completely tender and the chickpeas have crisped a little.

2 Meanwhile, mix the onion with the vinegar and a pinch of sugar and salt, and set aside to quick pickle. In another bowl, marinate the feta with the oil and chilli flakes.

3 When the potatoes are nearly cooked, cook the kale in a pan with 50ml water for 3 mins until wilted, then season to taste. Halve the potatoes, divide between two plates and top each with the kale, chickpeas, red onion (reserving the vinegar), marinated feta and pumpkin seeds. Toss the rocket with the reserved vinegar, then serve on the side.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 422 kcals • fat 15g • saturates 4g • carbs 51g • sugars 19g • fibre 11g • protein 15g • salt 0.6g



Pumpkin seeds and leafy greens such as kale are rich in magnesium, which is necessary for serotonin production and may help us to manage stress.

Shoot director CHERRY FERMOR | Food stylist PIP SPENCE | Stylist FAYE WEARS

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Joanna Blythman

Pleasure doesn't come in a packet



We've been brainwashed into thinking there are 'good' and 'bad' foods. No wonder we're confused about 'healthy' eating

@joannablythman

Have you eaten anything 'sinful' today? What's your dirty little food secret, the bad food you reward yourself with when you've dutifully eaten the foods that are meant to be good for you? Or are you holding yourself in check, eating miserably, but obediently, while looking forward to a food binge at the weekend in line with the 'I've been good, so I can be a little bit bad' principle?

I hope this warped language that frames so much of the public discussion around food bothers you as much as it does me. Almost without noticing it, we've allowed our modern food vocabulary to become dangerously skewed by a 'saints and sinners' dialogue that's ruthlessly exploited by the processed food industry, big retailers and slimming organisations.

You don't have to be a psychologist to spot the tacit messages here. Good food, the stuff that keeps you alive and healthy, is no fun, a penance even. Bad food, usually in a highly commercial, sweet, or deep-fried form, is what we all secretly crave.

This warped thinking is expressed most vividly when we attempt to bribe children into eating by dangling tantalising treats before them. 'If you eat your broccoli you can have sweets after.' How can this foster a positive, sensible attitude to food? You're effectively telling a child that the food that compromises their health is more desirable than the one that doesn't.

But you can't blame parents because this mentality is enshrined in government eating advice. The official line is that there is no such thing as unhealthy foods, only unhealthy diets. Providing we balance our diets, we're assured that we can eat all the ultra-processed treats as long as we don't consume them to excess. It's a bit like saying that it's fine to smoke a couple of cigarettes a day as long as you go for a walk to compensate.

Is it any wonder that many of us are thoroughly confused about what healthy eating is? Manufacturers have hijacked the concept of pleasure to feed us concoctions that are addictive, palate-corrupting, and often, pretty gross.

> **"Providing we balance our diets, we're assured that we can eat all the ultra-processed treats"**

Let's try to shift the clamour of conflicting food noise in our heads and recalibrate our eating habits. Any food philosophy that encourages yo-yo eating, or sin followed by atonement, is a non-starter. Instead we need to refocus our idea of edible pleasure around normal, everyday eating–fruit and vegetables, fish, meat, dairy – purchased in as near to their natural state as possible, and mainly prepared at home. There's no universal law that says we can't take great delight in a warming soup, toast with a proper crust cut from a homemade loaf, newly dug potatoes dripping with butter and parsley, the crisp skin of roast chicken, fresh salad leaves picked from a pot on the balcony, a simple cake or scone that's been homebaked from simple classic ingredients. Pleasure and indulgence needn't come in a packet.



REDEFINING FOOD 'TREATS'

Seasonal
In a world where shops stock the same things all year round, anything truly seasonal, British asparagus in May, for instance, is a treat.

Artisan
Whether you're talking chocolate, coffee, or cheese, any product made with a high level of craft or skill counts as special.

Slow
Foods farmed, made or grown patiently using slow, traditional methods, such as matured cheese, grass-reared meat, traditionally cured salami, pickled and fermented foods.

Homemade
Homemade tastes better and shows the love and effort of the person who made it for you.

Good Food contributing editor Joanna is an award-winning journalist who has written about food for 25 years. She is also a regular contributor to BBC Radio 4.

Do you agree with Joanna? Let us know on Facebook and Twitter *#bbcgfopinion*

Photograph GETTY IMAGES

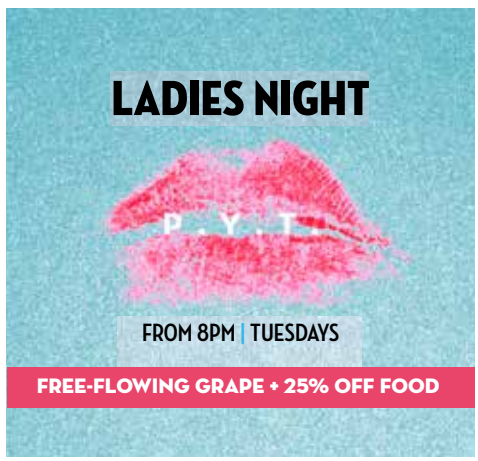


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GOURMET LIFESTYLE



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NEWS

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FAMILY TRAVEL

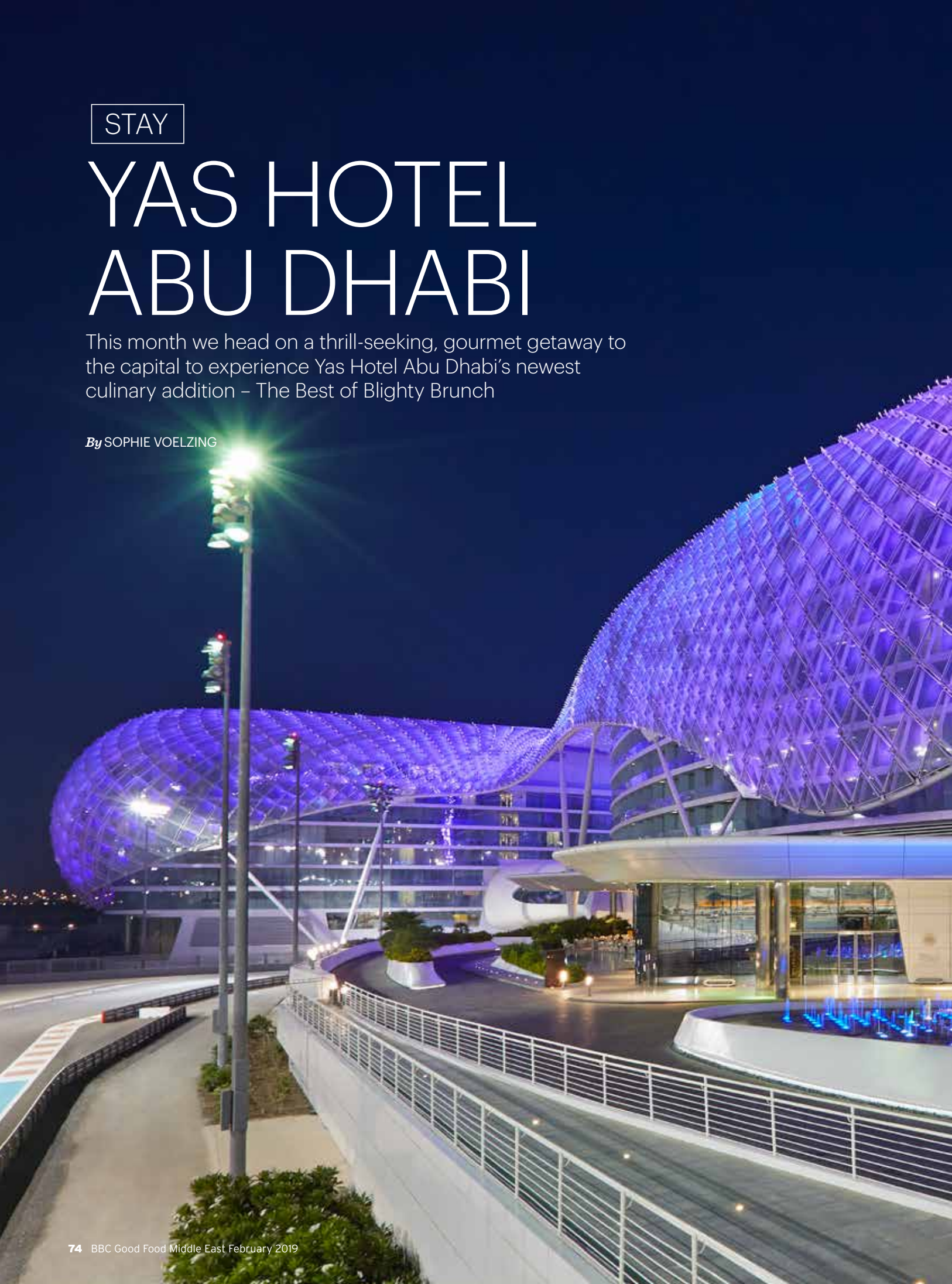
SARDINIA, *p79*

STAY

YAS HOTEL ABU DHABI

This month we head on a thrill-seeking, gourmet getaway to the capital to experience Yas Hotel Abu Dhabi's newest culinary addition – The Best of Blighty Brunch

By SOPHIE VOELZING





After a quick 50-minute drive from Dubai, we reach Yas Island's most sought-after destination, Yas Hotel Abu Dhabi, previously known as Yas Viceroy – and if you're booking a stay at the property, it's currently transitioning to become a 'W' hotel.

Set right in the middle of Yas Marina Formula 1 Circuit, Yas Hotel guarantees front row seats to thrill-seekers looking to enjoy exhilarating races taking place – namely the world-famous Abu Dhabi Grand Prix. The hotel also offers beautiful views of the yacht-filled Yas Marina.

Inside, the hotel's interiors are designed to mimic curved circuit lanes, with winding hallways and rooms that are finished with clean, modern touches. Yas Hotel is nothing short of impressive with its sleek design and draw-dropping exterior structure that features a full LED-studded canopy of glistening lights, which change colour under the night's sky.

During our visit, we stayed in a spacious Deluxe Suite, which offered more than ample space across the lounge area, separated bedroom, two bathrooms, dressing area and balcony.

Dining

Yas Hotel has several restaurant and bars to enjoy during your stay – there's also night club called Empire.

We checked-in on a Thursday evening and decided to visit Amici for dinner, the hotel's Italian restaurant that offers both indoor and outdoor seating. Making the most of the UAE's gorgeous











winter weather, we sat outside and to our delight discovered a guitarist and singer offering live entertainment for the night.

To start, the bruschetta made with heirloom tomatoes and baked ricotta is a delicious option, as is the Burrata with cherry tomatoes and rucola. For mains, don't miss the Milanese veal cutlet served on the bone – it's a generous portion and comes accompanied by a side salad and fries.

The next morning, we visited Origins all-day-dining restaurant. The buffet-style outlet features cuisines of the world, including a section with traditional breakfast favourites such as sausages, beef bacon and made-to-order eggs, a fresh fruit with yoghurt and granola area, plus sections dedicated to Arabic, Asian and Indian specialities. What I loved most about breakfast at Origins, was dining overlooking the track – though early, the Friday morning local track drivers were out and about, whizzing by on motorbikes, which provided a fun start to our Friday.

Later in the day, we headed over to Yas Hotel's gorgeous Palm Gardens to experience the inaugural, al fresco 'Best of Blighty Brunch', which takes place mid-monthly. If you'd like to check it out, the next dates are secured for February 15, March 15 and so on, until the weather becomes too hot to be outdoors again.

Perfect for families, the new brunch is well-equipped for enjoying with little ones in tow as there's a dedicated children's zone complete with lawn games and bouncy castle, ensuring they'll have fun all afternoon.

The once-a-month brunch takes place from 1pm to 5pm and is a quintessential British affair – expect picnic tables, live music by The International Playboys band, bean bags for chilling out on post-feed, a dance floor for letting your hair down, and an abundance of food and drinks stations, all of which overlook Yas Marina Circuit – it's a true garden party.

Highlights from the buffet really showcase the best of Britain. Crispy fish and chips with mushy peas are our first port of call, followed by a trip to the carvery station, where we find all we need for a fantastic roast dinner – there's lamb shoulder, roast beef, salt-crusted salmon, short ribs and all the trimmings.

In addition to the buffet selection, starters of scotch eggs and cheesy bread, followed by a giant tray of Yorkshire pudding filled with roast chicken and vegetables are brought to the table. We also spot other tables tucking in to large, sharing-style trifles for dessert.

With brunch packages starting at Dhs285 with soft beverages, The Best of Blighty Brunch is great value for money for a fun-filled afternoon in the sunshine for the whole family.

After brunch, head to the Skylite Rooftop Lounge, which offers classic mocktails, cocktails and refreshing beverages throughout the day and evening whilst overlooking the track under the stars.

Text by SOPHIE VOELZING | Photographs SUPPLIED







DINING OFFERS AT YAS HOTEL

Restaurant reservations: +971 2 656 0600 | dining@marriott.com

Origins Brunch

Every Friday, 12.30pm to 4pm

Origins Brunch offers a vibrant world of live cooking stations and specialist food counters featuring an array of international and regional cuisine from the hotel's restaurants. Succulent BBQ-grilled lobster, make-your-own poke stations, beef wellington with all the trimmings, and a spread of Arabic and Indian delicacies are amongst the highlights, alongside free-flowing beverages. A dessert room tops off the experience, complete with a liquid nitrogen bar. A live DJ provides an upbeat soundtrack set against the backdrop of Yas Marina Circuit. Brunch packages start from Dhs285 per person with soft drinks.

'Pasta e Basta' at Amici

Every Sunday, 7pm to 11pm

Diners are invited to join the restaurant's chefs for a pasta masterclass whilst treating themselves to unlimited beverages and pasta dishes from the restaurant's artisanal-style menu. Pick up top tips as the chefs prepare handmade ravioli, using the best artisanal fresh pasta from Pastificcio Gentile. Priced at Dhs150 per person.

Curry Club at Angar

Every Wednesday, 7pm to 11pm

Take your taste buds on a culinary adventure as you join the Curry Club at Angar, where you can enjoy authentic appetisers, four zesty curries from across India and two desserts. Priced at Dhs220 per person.

Grape & Grill Brunch at Origins

Every Thursday, 7pm to 11pm

Tuck into a succulent selection of char-grilled meats prepared at live cooking stations. This evening brunch serves a selection of free-flowing beverages, tender cuts and crisp salads to indulgent desserts. Packages start from Dhs220 with soft drinks.

Relax & revitalise

In attempt to work off the indulgences of brunch, we visit the hotel's gym which is expansive and includes a wide range of top tier equipment.

Once the hard work's over at the gym, the ultra-luxurious ESPA offers a warm welcome. Set over two-stories, the dimly-lit spa takes us on a sensory journey through its tranquil spaces that are harmoniously furnished with deep walnut woods, heated marble, bronzed glass and relaxing water features to enhance the experience.

Escourted to the most impressive couples suite I've ever seen (it even has its own private elevator), we indulged with a 60-minute aromatherapy treatment, which left me feeling fully soothed and relaxed.

To follow, we were invited to enjoy the in-room Jacuzzi for half an hour to complete our rejuvenation journey. For those wishing to stay a little longer, the ESPA also offers a sauna and steam rooms, as well as the hotel's two roof-top pools.

If a visit to the spa isn't really your thing, Yas Hotel's concierge are extremly helpful with offering guidance on things to do around the island, like Yas Waterworld, Ferrari World and Yas Beach.

Whether you're looking to relax and revitalise or spend a weekend amping up the fun, Yas Hotel Abu Dhabi offers it all.

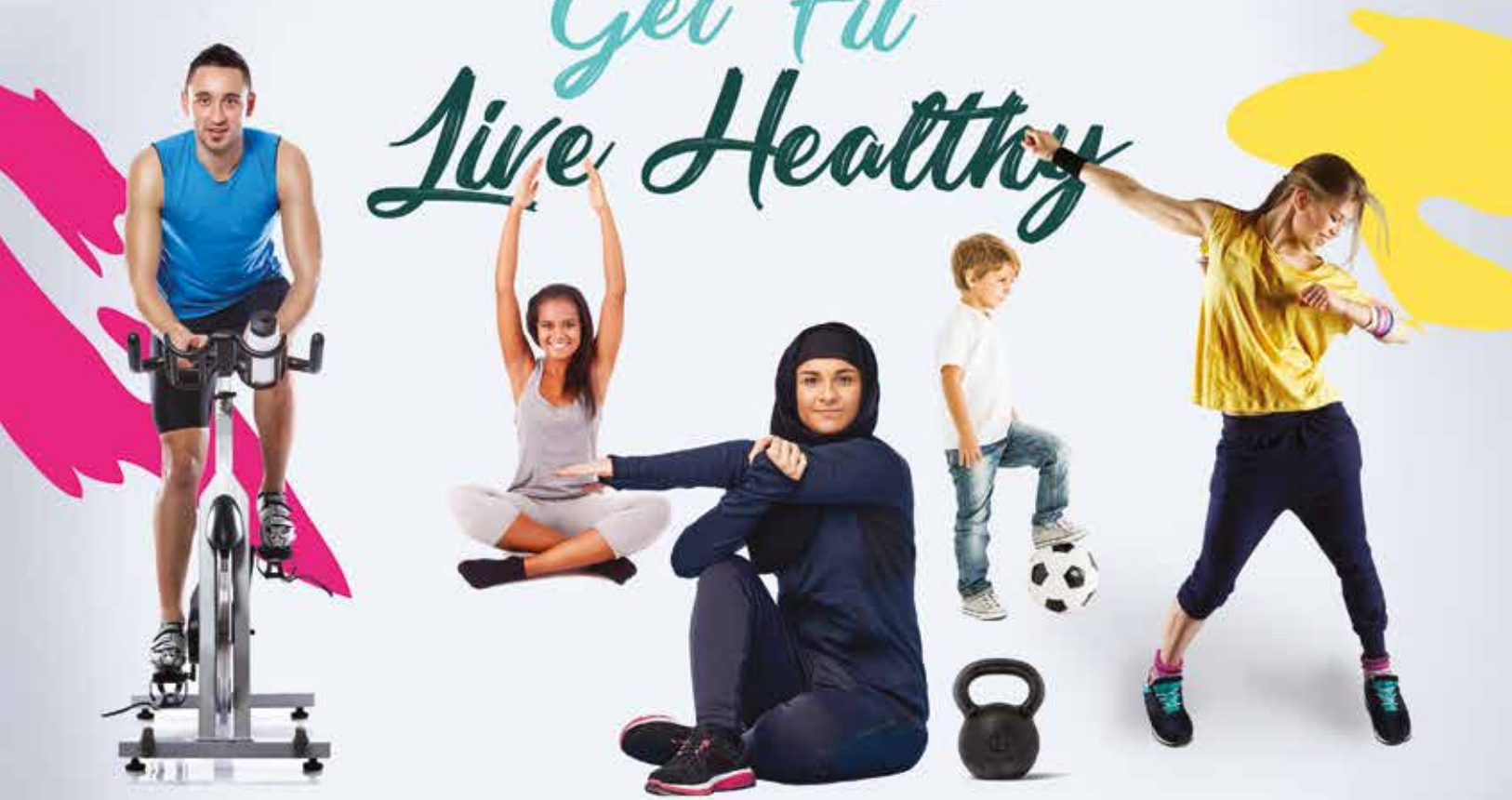
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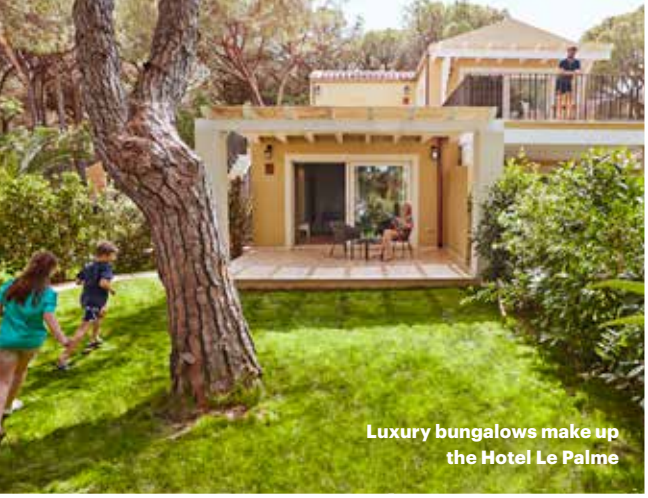
FAMILY TRAVEL

SARDINIA

Step into family holiday heaven at Forte Village on the south coast of Sardinia

words LULU GRIMES





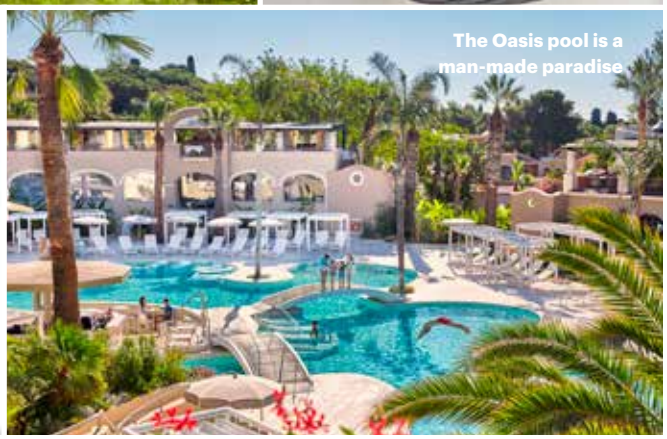
Luxury bungalows make up the Hotel Le Palme



Enjoy traditional breads at Sardinian



Octopus with smoked potato is on the menu at Belvedere



The Oasis pool is a man-made paradise

If you are looking for a family holiday that entails a few days of never having to plan the next meal, yet still eating fantastic food and enjoying fabulous surroundings, then **Forte Village** in Sardinia may be just the thing.

We kept bumping into people who described their stay as 'a holiday of a lifetime', and while the price tag isn't cheap, we met others who came back year after year, because what the resort offers is a perfect blend of 'all-inclusive' and choice – and the food really is good.

The setting is nothing short of gorgeous; a huge team of gardeners tend acres of mature greenery dotted with lantana, pomegranate trees and hibiscus that hide the low-level accommodation from the paths, affording privacy to villas and rooms. Though there's a high degree of manicure, nature is respected. Tame parrots come and go as they please and there's birdsong everywhere, and there are no cars on the resort. The beach is white sand and the backdrop, wetlands, pine forests and mountains. Unlike some resorts, you don't lose the sense of where you are – this is definitely Italy.

Produce is grown on site if possible and there are many local staff, some of whom have worked here for years. If history is your thing, you can book tours, drive 15 minutes or cycle along the coast to the ancient city of Nora on the Capo di Pula headland, settled by Phoenicians, Carthaginians and Romans. Foodies should visit the **San Benedetto market** in Cagliari for just-caught fresh fish, fruit and veg, bread, meat and cheeses, and swish department store **Rinascente** where you'll find another food market on the sixth floor for gastronomic wandering. Local **Pula** also has one on Tuesday mornings from 8am-1pm.

Children are made welcome – a joy on any holiday – and in every restaurant too (see right), so you can eat what you want and they will be catered for as well.

If, however, you want to escape your under-14s for a few hours then book them into kids' club **Wonderland**. Older children are safe to do their own thing and there are plenty of options including many sports academies. That doesn't mean the resort is noisy, though; clever use of water features at the pools (there are three large ones) mean the sounds of splashing make even the most exuberant shrieks (there's a suite of water slides that are impossible to enjoy quietly) sound as if they come from far away and a nap in the shade is easily succumbed to.

LIVE LIKE A LOCAL

Eat your cheese the traditional way, with honey; Sardinia produces wonderful cheeses from fresh ricotta and pecorino sardo dolce to pecorino fiore sardo and goat's milk caprine, as well as lots of honey from the relatively unspoilt countryside – a haven for bees. Try the miele amaro or bitter honey flavoured by the flowers of the arbutus plant. Seadas, a traditional dessert is a pastry filled with salty pecorino and drizzled with honey. Sardinia does bread very well and in huge variety. Look out for pane carasau, a huge wafer-thin, very crisp bread that is traditionally eaten by shepherds as it lasts well. Pane guttiau, made from pane carasau brushed with olive oil and salted, has a more bubbly-looking surface. Su coccoi, a hard bread with spiky decorative edges takes extraordinary forms at Easter

5 PLACES TO EAT

There are 21 places to eat at Forte Village in high season with still a good range of options between October and April. High-end chefs Rocco Iannone, Gordon Ramsay and Stephan Hentschel have outposts here and there are one-off evenings from other celebrity chefs.

1 Cavalieri
This open-air restaurant set under pine trees offers a substantial buffet. There's a wood-fired oven at one end used to roast local lamb and veal, and a grill for fish (tuna is sourced off the coast of Sardinia). No need to book.

2 Le Dune
Seafood is the speciality under chef Stefano Mei. Dishes range from elegant red prawns, Arborea mussels and sea urchins to a very robust beef tagliata for two. Booking essential.

3 Belvedere
Chef Antonello Arrus serves dishes like octopus with smoked potato, and fregola in scorpion fish broth with clams. Booking essential.

4 Pizzeria
The most popular lunch venue, serving wood-fired pizzas with pillowy blistered crusts. The expensive but generous salad bowl will easily serve 3-4 people. No need to book.

5 Sardinian restaurant
Try the salumi and cheese, spit-roast suckling pig, su porcheddu, or traditional culurgiones pasta, stuffed with potato, pecorino and mint. Booking essential.



Lounge by the Castello pool or the resort's stunning private beach



The pizzeria boasts a wood-fired oven for the perfect pillowy crust



Kids will love the ubiquitous tomato & mozzarella salad



Le Dune serves calamari stuffed with ricotta and vegetables



Drink in the views and eat modern dishes at Belvedere, high in the tree canopy

when it can be found wrapping eggs in bakery displays. Panini alla ricotta are soft rolls made with ricotta and often enhanced with saffron.

INSIDER KNOWLEDGE

You can spend a lot of money on extras in the comfy confines of Forte Village if you're not careful, so you may want to pack some snacks and drinks to take on holiday with you.

There are shops on site but again they are not cheap. A small supermarket close by is convenient for emergency snacks, drinks and more reasonably priced sun cream if you need it.

There is on-site bike hire but we walked everywhere – and you can always flag down a golf buggy if necessary.

If you don't get airport transfers thrown in with your booking then opt for a hire car – it will be cheaper and there is parking across the road.

When you book your accommodation, if you're after peace and quiet, look at where it is in relation to the main square. This is a venue for nightly entertainment (cover bands are popular) though it doesn't go on too long into the night. Entertainment gets going around 9ish and Italians eat a little later, so enjoy an afternoon nap and save your appetite.

HOW TO DO IT

Prices vary according to season. Check the website (*fortevillageresort.com*) for specific locations as each has access to different restaurants. Children under two stay free and for two to 13-year-olds, there is a 50% discount. To book visit *citalia.com* or call 01293 831 970.

• Half-board accommodation was provided for half our stay by Forte Village.

See more on travel at *bbcgoodfoodme.com*

3 SELF-CATERING OPTIONS IN SARDINIA

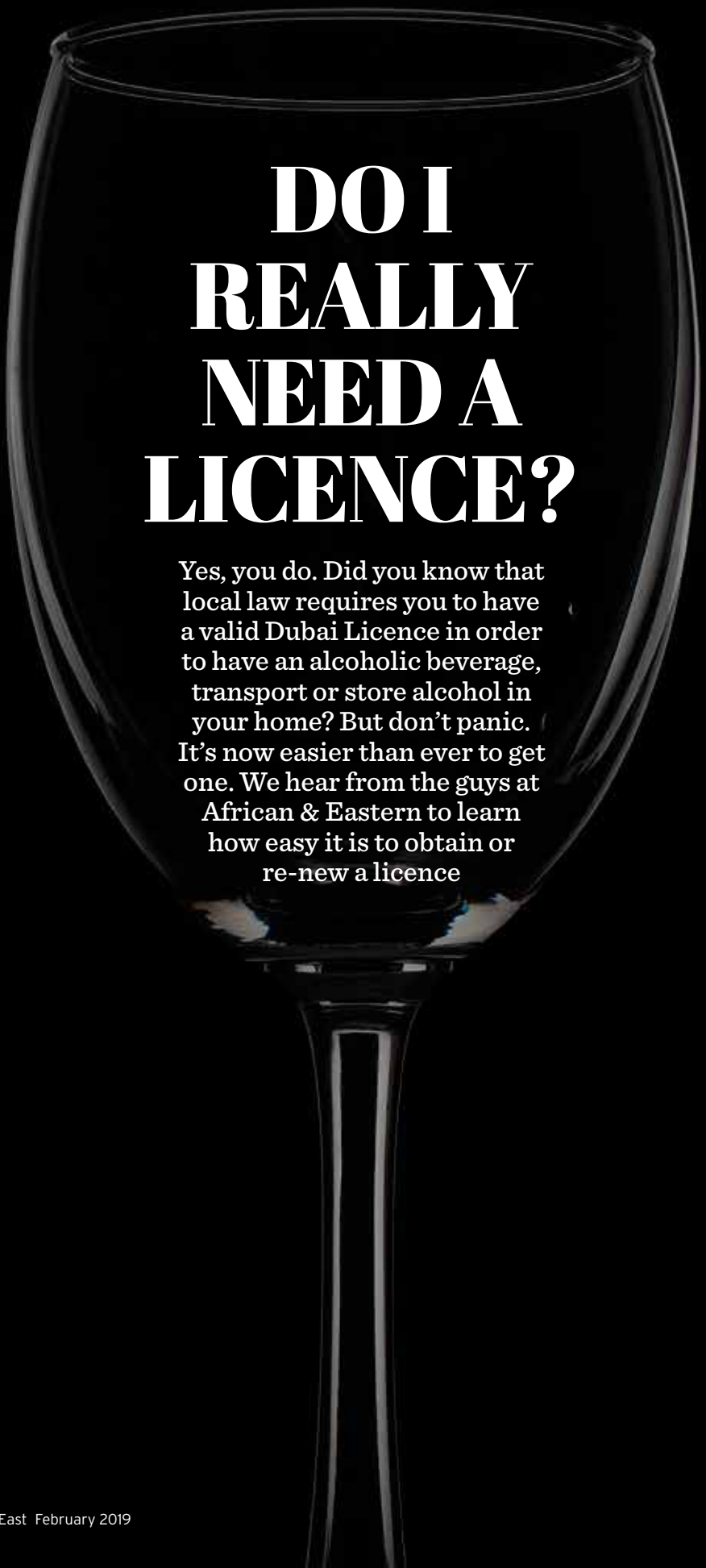
Prefer to look after yourself? Here are three venues we've tried.

Campsite, Campeggio la Mariposa
Pitch your tent or book a bungalow, cabin or air-conditioned mobile home in a pine forest on the beach near Alghero. There's a bar, minimart, deli, a wood-burning oven and barbecue area. *lamariposa.it*

Bungalow, Geremeas
This air-conditioned bungalow is set in a private garden with a luxurious outdoor shower. Inside, the kitchen is stocked with fresh bread, local jams, fruit and even flowers. A short stroll through woods leads you to a sandy beach with crystal-clear water. Maracalagonis, Cagliari, Italy. *homeaway.co.uk/p641117*

Luxury villa, Arzachena
Thirty minutes from Olbia airport, this very special villa has a pool, barbecue, well-equipped kitchen and gorgeous outdoor eating space. There are four double rooms plus one bedroom with two single beds. Nearby is San Pantaleo, a village with a weekly market and good restaurants. *homeaway.co.uk/p1041553*

Photographs FORTE VILLAGE RESORT, LULU GRIMES



DO I REALLY NEED A LICENCE?

Yes, you do. Did you know that local law requires you to have a valid Dubai Licence in order to have an alcoholic beverage, transport or store alcohol in your home? But don't panic. It's now easier than ever to get one. We hear from the guys at African & Eastern to learn how easy it is to obtain or re-new a licence

Photographs SUPPLIED



Why do I need to apply for an Alcohol Licence?
Apart from the fact that by law you require an Alcohol Licence to have a drink, transport or store alcohol in your home – there are many additional benefits to having one! For example: You will receive vouchers worth AED 1,500 to spend at bars and restaurants around Dubai. You can shop online or at any one of our 16 conveniently located stores across the city 7 days a week. You will be able to access great value and the best offers when you shop with African + Eastern. Perhaps most importantly you will have peace of mind - with an Alcohol Licence in Dubai, you stay safe and stay legal

I have recently changed companies; do I need to renew my Alcohol Licence?
No. You will not need to renew your licence. But we will need to revalidate your licence with Dubai Police. So we will need to grab your, original licence, new visa and salary certificate OR Labour Contract Copy

If I do not have a tenancy contract, can I still apply for an Alcohol Licence?
Yes. If the tenancy contract is not under your name when applying for an alcohol licence, then a NOC (No Objection Certificate) from the person named on the tenancy is required along with a passport and visa copy.

I live in Dubai, but a different emirate has issued my visa. Can I apply for an Alcohol Licence?
Yes. You will need a NOC letter from the respective Emirates' Police Department or Municipality when submitting your application. For example, a NOC from Abu Dhabi Tourism & Culture Authority if your visa is from Abu Dhabi and a NOC from Fujairah Municipality for Fujairah visa holders.

I live in Sharjah but work in Dubai and my visa has been issued in Dubai. What now?
You can only apply for an Alcohol Licence if you live in Dubai. Since you live in Sharjah, your application for an Alcohol Licence has to be processed by the Sharjah Police. You will also need an NOC from the Dubai Police Department.

I am working for a Free Zone company; do I need an NOC from a Free Zone Authority?
No. Free Zone Authorities charge a fee for a NOC. Instead just submit an original salary certificate from your place of work

Can I use my husband's Alcohol Licence?
As partners, both a husband and wife should have their own licences. You will only be allowed to buy alcohol in-store if the Alcohol Licence is in your name.



NOW OPEN

African & Eastern at Springs Souk Mall

A&E recently opened a brand-new store in the Springs Souk Mall next to Springs 7. The mall has Carrefour, plus various other dining and retail options, plus Reel cinemas is scheduled to open soon. The store, which offers more than 1,500 products, is open seven days a week from 10am to 9pm Saturday to Thursday, and 2pm to 9pm on Fridays. For more information, visit africaneastern.com.

WHY GET AN ALCOHOL LICENCE?

It's the law

The law of the land requires you to have a valid Dubai Licence to have a drink, transport or store alcohol in your home. For more information, visit **alcohollicencedubai.com.**

HOW TO GET A LICENCE

Apply online
Visit alcohollicencedubai.com and complete the save-as-you-go online application from the comfort of your couch! A&E will call when your licence is ready. It really is that simple!

A&E can help
If you prefer a more personal experience pop by any of the 17 Dubai-based A&E stores and were a member of their team can assist.

Delivered to your door
Call A&E toll-free on 800 CHEERS (243377) to have an Alcohol Licence pack delivered to you.

REQUIREMENTS
So if you're non-Muslim, over 21 years of age and ready to get started on your Alcohol Licence, here are the supporting documents you will need whether applying online or in person for a new application:

- Copy of your passport and residency visa
- Your Labour Contract (Issued by MOL) or original salary certificate
- Your tenancy contract
- A passport photograph

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

BRUNCH FOR 4 AT VERSO, GRAND HYATT ABU DHABI! WORTH DHS800

A concept dedicated to 'famiglia' time, whether the real deal or friends who feel like family - the true Italian Trattoria presents the La Dolce Vita brunch, every Saturday. Brunch-goers can dine indoors or alfresco, on the large outdoor terrace while little ones can join their parents for the fun-filled afternoon surrounded by colourful, bistro ambiance and genuine hospitality. Verso's fresh, wholesome brunch will present tasty dishes packed full of flavour, prepared by Italian Chef Marco Pistillo and his talented team. A mix of favourites cooked at multiple, interactive live stations invite taste buds on a captivating tour of Italy. The Saturday feast includes a variety of entrées featuring Seafood on Ice and Eggplant Parmigiana, followed by main choices such as Oven Fresh Assorted Tray Pizze. Those with a sweet tooth can relish desserts including, a selection of homemade gelato with condiments, assorted sweets from the dessert counter and treats beyond.



WIN!

A 90-MINUTE TRIO SPA PACKAGE AT SWISSOTEL! WORTH DHS499

Located on the 5th Floor of the luxurious hotel, Swissôtel Spa is a gold cocoon of sheer relaxation. This labyrinth of marbled walkways leads visitors to all sorts of sensational spa facilities including a sauna, jacuzzi, steam room and relaxing lounge, while there are also private treatment rooms offering everything from an olive body scrub to a re-balancing Thai massage. Whether you've got tired, city-beaten skin that needs reviving with a facial, stressed-out muscles that need soothing with a massage, or you're simply looking for a little 'me time', The 'Trio Spa Package' at Swissôtel Al Ghurair's Spa caters to your every demand.



WIN!

A DINING EXPERIENCE FOR 2 AT AMMOS, RIXOS PREMIUM DUBAI! WORTH DHS590

AMMOS brings all the charm of Greek cuisine, where a meal is an unforgettable experience that encompasses the authentic Greek hospitality and the bliss of Mediterranean island life.



WIN!

A DINING VOUCHER TO SPEND AT CAIRO GOURMET! WORTH DHS500

Inspired by Egypt's magnificent capital, its vast historical monuments, and exceptional uplifting spirit, Cairo Gourmet carries its guests to the buzzing streets of Cairo. Designed to feature Cairo's main touristic attractions and to bring the heart of Cairo to Dubai, the restaurant includes 3D pyramid walls, honeycomb ceilings, lotus flower separators and finished by the flowing tables, representing and holding the river in their hearts. Situated in the heart of Dubai across JW Marriot Marquis hotel in Business Bay, the restaurant is easily accessible via Sheikh Zayed Road and Al Khail Road, it encompasses amazing views of Burj Khalifa and Dubai Canal and offers a laid-back environment and unique food and beverage options. Aiming to elevate the Egyptian food scene in Dubai, Cairo Gourmet introduces authentic Egyptian food with a modern twist prepared by a highly-qualified team of Egyptian chefs.



WIN!

A DINING VOUCHER FOR JONES THE GROCER! WORTH DHS500

Jones the Grocer at Emirates Golf Club offers a memorable dinner experience worth Dhs500. Nestled in the luscious greens of the golf club, guests can indulge in a fully licensed a la carte menu and enjoy the beautiful Dubai winter weather with their loved ones.



WIN!

LUNCH OR DINNER FOR 2 AT BAB AL MANSOUR – THE BOULEVARD! WORTH DHS500

Win lunch or dinner for 2 persons at one of the trendiest Moroccan restaurants in Dubai at Bab Al Mansour and enjoy famous Moroccan dishes with the sumptuous variety of authentic flavours and spices.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.


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IGNITE YOUR SENSES

THURSDAY, 14TH FEBRUARY 2019



This Valentine's Day, treat your loved one to a memorable experience at Fairmont Bab Al Bahr. Indulge at the award-winning Marco Pierre White Steakhouse & Grill, savour the romantic taste of Italy at Frankie's Italian Restaurant & Bar, or embrace the beauty of Arabia at the stunning Lebanese restaurant, Maison Beirut. Spend more time together with a Romantic Stay Package or dine exclusively on the beach, under the stars. For all unattached guests, enjoy a party at Sports Café.

All guests on Valentine's Day will have a chance to win an exceptional prize of a 2 Night Gold Stay at Fairmont The Palm in Dubai.

Prices start from AED 249 per person

To make a reservation or for more information, please call +971 2 654 3238
email dining.bab@fairmont.com or visit fairmont.com/babalbahr

Fairmont
BAB AL BAHR